



Indian
Menopause Society



Newsletter

Issue No. 4
October - November 2021

Highlights

Articles on

- Reversing Menopause – Dr. Sonia Malik
- Obesity in Middle Age – Dr. Ambuja Choranur
- Aesthetic Health in Perimenopause – Dr. Ragini Agrawal

Message



Dr. Ambuja Choranur



Dr. Sudhaa Sharma

Dear Friends,

A joyous 2022 to all of you. We sincerely wish that this year brings with it happiness and good health for all.

As of now we have been doing all activities on virtual platform but now we all are waiting to travel and meet everyone personally in 2022.

Highlights of this issues are scientific articles by Dr. Sonia Malik, Dr. Ambuja Choranur & Dr. Ragini Agarwal.

The highlights of this issue are few scientific articles.

1. Reversing Menopause – Dr. Sonia Malik (Past President, IMS)
2. Obesity in Middle Age – Dr. Ambuja Choranur (President, IMS 2021-22)
3. Aesthetic Health in Perimenopause – Dr. Ragini Agrawal (Chairperson, Aesthetic Health Committee, IMS)

Also this issue has all the wonderful activities done by most of the societies and committees thus celebrating Menopause Month (October). They all really need to be appreciated and applauded.

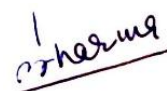
As you all must be knowing by now that IMSCON 2022 is being held in Vadodara (Baroda) Gujarat from 11th to 13th February 2022 (physically). Dr Binal Shah (President of Vadodara Menopause Society) along with her team is working hard to organize it.

We request all of you to join in large number and enjoy their hospitality. We wish them all the success.

Long Live IMS



Dr. Ambuja Choranur
President
IMS India, 2021 – 2022



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

The image features a bold, abstract graphic design. A large, vibrant orange shape, resembling a stylized letter 'P' or a thick brushstroke, dominates the center. To its left, a solid purple rectangle is partially visible. Below the orange shape, another purple rectangle is positioned. A small, sharp red triangle is tucked between the top purple rectangle and the orange shape. The entire composition is set against a clean white background, which is framed by a thick orange border on the top, bottom, and right sides.

International News

Indian Menopause Society International Affiliations

Council of Affiliated Menopause Societies (CAMS) International Menopause Society Promoting education and research on middle women's health 	WORLD NCD FEDERATION  World NCD Federation www.worldncd.org This is to certify that Indian Menopause Society is an institutional member of World NCD Federation in the good standing period from ... 2010 till ... Its institutional membership no. is ... 20112 ...	The International Society of Gynecological Endocrinology (ISGE) 			
International Academic Exchange					
IMS International Menopause Society Promoting education and research on middle women's health	BMS British Menopause Society	EMAS EUROPEAN MENOPAUSE AND ANDROPAUSE SOCIETY 	APMF ASIA PACIFIC MENOPAUSE FEDERATION 	SAFOMS	ISGE INTERNATIONAL SOCIETY OF GYNECOLOGICAL ENDOCRINOLOGY 

IMS International Representatives 2021 & 2022



Dr. Sunila Khandelwal
Advocacy Committee
International
Menopause Society



Dr. Hara Pattnaik
International
Menopause Society –
CAMS



Dr. Atul Munshi
Asia Pacific
Menopause
Federation – APMF



Dr. Jignesh Shah
South Asian
Federation of
Menopause
Societies – SAFOMS

International News



Prof. Sunila Khandelwal
Chairperson,

International Advocacy Committee

Dear Friends,

Today's physical distancing takes us apart but we have our friends across the globe with whom we worked together nurtured relationships despite our different backgrounds and personalities, we are a family. Let me congratulate Dr Hara Pattnaik to take the prestigious position of IMS India Representative to CAMS!

(CAMS-collation of Affiliated Menopause Societies- an active body of International Menopause Society).

I am pleased to share news from different organisation as below...

1. World Congress: Behalf of Board International Menopause Society& organizing team, I am warmly invite you all for, the 18th World Congress on the Menopause (Lisbon on October 26–29, 2022). I am happy that, Dr Hara has started working enthusiastically & planning for a big delegation from India. To showcase the research being undertaken by young researchers in the Robert Greenblatt Award session will be hosted. The abstract submission for the congress is now open. Visit the congress website to learn more about the topics and the submission guidelines. Do bring pride to India!

2. International Membership Drive: If you are already a member, please do renew your membership, If not become member!

- We have 20 fee paying IMS members from India.
 - Full membership = £125 (HAV VOTING RIGHTS),
 - Associate membership = £35, Limited Professional = £10 or free for 1 year with IMPART completion, Senior = £80 only.
 - [Benefits of Membership - International Menopause Society \(imsociety.org\)](https://imsociety.org)
 - Please contact CEO : rebecca.cheshire@imsociety.org for further information.
- 3. IMPART** (The International Menopause Society Professional Activity for Refresher Training) **Level 1 and 2 now available:** participants receive a **certificate and a one-year complimentary Entry Level Associate Membership** to IMS. **he first of the IMPART Level 2 modules has been launched on 18th October 2021, World Menopause Day.** Following that, one module per month will be launched. Completion of Level 1 is required in order to start Level 2. I would like to highlight that have had 429 registrations from India, which is the third highest number of registrations from any country. 246 have completed, all of whom now have 1-year free Limited Professional Membership. India is in top five!

4. World Menopause Month & Day: The White Paper on Theme 2020- Premature ovarian insufficiency (POI), published in the October issue of *Climacteric*. Posters and leaflets releases across the globe. The reports from across the globe are highlighted on the website.

5. Menopause News /the Menopause Live has launched a case report series, to encourage the contribution of high-quality case reports, relating to diverse disciplines, including gynaecological, endocrinological, metabolic, cardiovascular, bone, neurological, psychiatric post reproductive health. Please seek opportunity to highlight your work! If you would like to add a comment or contribute to a discussion e, please contact Menopause Live Editor, Peter Chedraui at peter.chedraui@cu.ucsg.edu.ec

Also you may take advantage of **Free or Open Access to selected papers recently published in *Climacteric* . IMS webinars recordings& interviews series are also available on website.**

6. BECOME AN ISGE MEMBER! ISGE Membership gives you access to • Free Access to the digital edition of “Gynaecological Endocrinology” • Discount on all courses organized by the International School of Gynaecological and Reproductive Endocrinology • Online access to all the lectures of the latest world congresses with slides and audio • €100 discount on the World Congress registration. • Monthly newsletter with news, abstracts, reviews and other contents on the Gynaecological Endocrinology topics. Registration Fee is €50 and gives you a TWO years membership for free. Do enjoy and take this new opportunity!

I take this opportunity to remind you that this year the **20th World Congress of the International Society of Gynecological Endocrinology** will take place in **Florence from Wednesday 11th May to Saturday 14th May 2022**. Make sure to contribute with your research. If you cannot join us in Florence don't worry you can attend virtually.

7. Are you are interested an EMAS membership? We are a recognized EMAS affiliated society, So EMAS is Offering an 3 month "trial membership" and enter the code: 3A78EA3 and select offline payment. you would be able to see all previous Webinar series. For more information about EMAS, please visit the website www.emas-online.org

- Looking forward to your active participation at all international platforms.
- Gear up for Joining us in Lisbon on 26 – 29 October 2022 **IMS2022 World Congress**.
- Stay healthy& blessed.
- ***My Best wishes for a healthy and joyful 2022!***

18th World Congress on Menopause



Dr. Hara Pattnaik
Representative
International Menopause Society

Sejam bem-vindos

Itinerary Specially Prepared for Lisbon (Portugal), Barcelona and Madrid (Spain)



Lisbon



Sit in the estuary of the Tagus River, Lisbon is the westernmost capital city in continental Europe and serves as Portugal's chief port, largest and capital city, and commercial, political and tourist centre. It was once considered by Europeans to be the furthest edge of the known world before it became basecamp for the renowned Portuguese explorers of the 15th and 16th centuries, Vasco da Gama being the most well-known.

The city is defined geographically by seven hillsides which overlook the river, these vantage points being a highlight for anybody's visit. Much of the architecture is defined by a huge earthquake that destroyed much of Lisbon in 1755, the rebuilding exercise that followed providing the template of what stands today. As well as being scenically spectacular, Lisbon is a crucial economic centre and lies on a strategic sea route. Its port is bustling with activity, handling a large proportion of the trade between Portugal and neighbouring Spain.

The city is also culturally one of the country's most important hubs. Despite making up just three percent of Portugal's landmass, the metropolitan area is home to more than a quarter of the nation's population, owed much to the surge in migration from rural areas in the 1970s when industrial activity took off.

Barcelona



Barcelona, the cosmopolitan capital of Spain's Catalonia region, is known for its art and architecture. The fantastical Sagrada Família church and other modernist landmarks designed by Antoni Gaudí dot the city. Museu Picasso and Fundació Joan Miró feature modern art by their namesakes. City history museum MUHBA, includes several Roman archaeological sites.

Madrid



Madrid, Spain's central capital, is a city of elegant boulevards and expansive, manicured parks such as the Buen Retiro. It's renowned for its rich repositories of European art, including the Prado Museum's works by Goya, Velázquez and other Spanish masters. The heart of old Hapsburg Madrid is the portico-lined Plaza Mayor, and nearby is the baroque Royal Palace and Armory, displaying historic weaponry.

Day 1 (Arrival Lisbon and Sunset Cruise)

- Arrival at the Humberto Delgado Airport
- Complete your Immigration formalities and proceed for baggage collection
- Lunch at Restaurant
- Check in at the Hotel
- Time free to Relax and Freshen up
- Evening proceed for Sunset Sailing Cruise
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 2 (Conference and City Tour)

- Buffet Breakfast at the Hotel
- Conference at the Hotel
- Packed Lunch to be provided
- Conference continues
- Time to change and freshen up
- Proceed for City tour on (Tuk-Tuk or Side Car Vintage bike tour)
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 3 Conference

- Buffet Breakfast at the Hotel
- Full Day Conference
- Packed Lunch to be provided
- Dinner at pre decided Gala Venue
- Return back to Hotel
- Overnight stay at the Hotel



Day 4 Sintra Tour and Shopping

- Buffet Breakfast at the Hotel
- Proceed for Sintra Tour
- Lunch at Restaurant
- Shopping drop at Rua Augusta
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



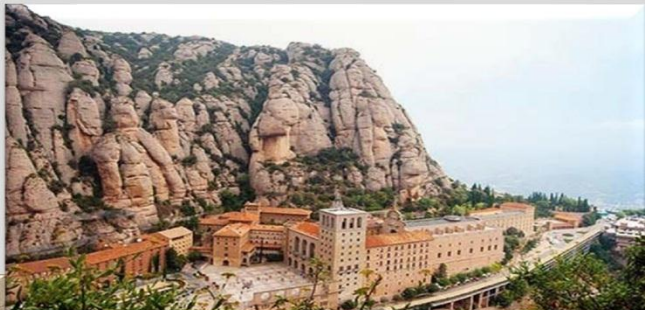
Day 5 Arrival Barcelona

- Buffet Breakfast at the Hotel
- Depart for Barcelona
- Upon Arrival Lunch at Restaurant
- Check in at the Hotel
- Time free to Relax
- Evening proceed for Sagrada Familia Guided Tour
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 6 Barcelona

- Buffet Breakfast at the Hotel
- Proceed for Montserrat
- Visit the site and Enjoy the Cog Wheel Train ride
- Lunch at restaurant
- Entrance to Poble Espanyol (Spanish village).
- Small Souvenir shopping in las ramblas area
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 7 Barcelona

- Buffet Breakfast at the Hotel
- Depart for Shopping La Rambla
- Lunch at Restaurant
- Shopping continues or return back to Hotel
- Evening proceed for Flamenco show with drinks and Dinner
(Enjoy a breathtaking evening at Las Carboneras Flamenco Show watching a fantastic flamenco performance. Singers, Guitarists and Dancers join their experience to make you feel the art of 'Flamenco')
- Return back to Hotel
- Overnight stay at the Hotel



Day 8 Madrid

- Buffet Breakfast at the Hotel
- Post breakfast, transfer to Train Station to board train to Madrid.
- Board your AVE Train to Madrid (650 km. in 03 hours)
- Arrive Madrid
- Enjoy the orientation tour of the Madrid city
- Visit the Royal Palace Madrid
- Lunch at Restaurant
- Check in at the Hotel
- Evening Enjoy the below optional tours
(**Segway tour/ Vespa Scooter tour/ Beer Bike Ride in Madrid Teams**)
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 9 Madrid

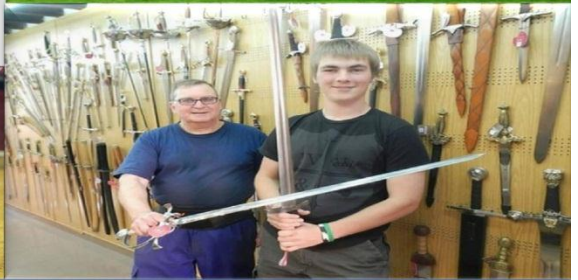
- Buffet Breakfast at the Hotel
- Proceed for Half Day city tour of Madrid
- Visit the TOLEDO.

(Navigate the cobbled streets, and explore the diverse architecture of the medieval city. Admire masterpieces by El Greco including The Burial of the Count of Orgaz in the church of St. Tome)

- Visit to Swords factory showroom.
- Lunch at Restaurant
- Experience BULL fight show in Madrid.

(Bullfighting is a physical contest that involves humans and animals attempting to publicly subdue, immobilize, or kill a bull)

- Dinner at restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 10 Departure Madrid

- Buffet Breakfast at the Hotel
- Visit the famous Santiago Bernabéu Stadium
(Home stadium of Real Madrid since its completion in 1947, with a current seating capacity of 81,044. Santiago Bernabéu is one of the world's most famous and prestigious football venues)
- Lunch at Restaurant
- Last minute Souvenir shopping at El Rastro
- Proceed for Flight back Home



Optional Sightseeing Tour Port Aventura Aquatic park, Barcelona

Come and discover the Port Aventura Costa Caribe Aquatic Park and enjoy an unforgettable holiday with the children in one of the best water parks in Spain. Installed in the heart of the Costa Daurada this amazing water park will plunge you into a refreshing trip that will transport you to paradise in an aquatic adventure.

Location: Tarragona

Distance from Barcelona: 1.30 Hours drive



Optional Sightseeing Tour Parque Warner Theme Park, Madrid

Located 25 kilometres south of Madrid, Parque Warner Madrid is a theme park that aims to cater to everyone in the family, from thrill-seekers to children, and movie-and-entertainment fans. When it comes to rides, the park has no shortage, with options ranging from kid-friendly cartoon-themed adventures, to adrenaline-inducing twisters. During warmer (often scorching) Madrid months, you can even go on water rides, though plan and prepare to get drenched. Little ones will feel most at home in Cartoon Village, where there are plenty of rides suitable for the whole family, as well as photo opportunities with famous animated characters.

Location: San La Vega

Distance from Madrid: 35 Mins Drive

Duration- 06-08 Hours inside the Theme Park with Lot of Attractions and Shows and Food Outlets

List of Attractions- <https://www.parquewarner.com/en/in-the-park/attractions>



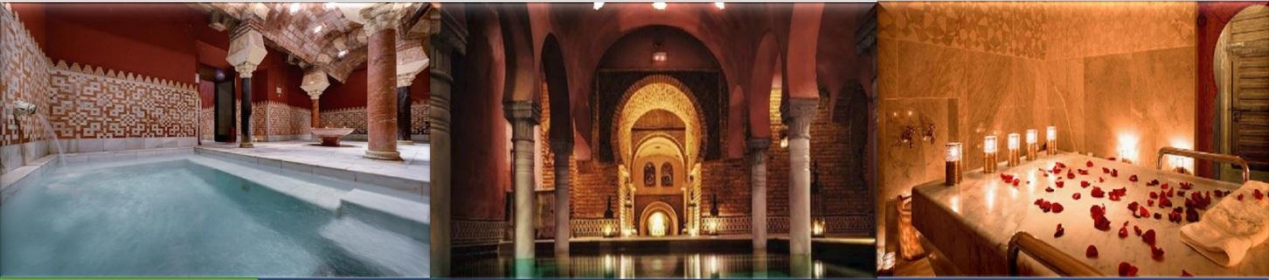
Optional Sightseeing Tour Arab Bath Madrid

Succumb to serenity at the soothing Arabian baths, Hamman Al Ándalus, with a luxurious massage. Immerse yourself in the relaxing resplendence of the candle-lit oasis, allowing your body and mind to unwind amid the Arabian décor and tranquil ambience of the spa. Sip on refreshing mint tea, submerge yourself in the soothing water of the pools then indulge in a massage delivered by an expert masseuse. Upgrade to enjoy a 30-minute massage and exfoliating body scrub.

Location: Madrid

Distance from City Centre: 10-15 Mins Drive

Capacity- 35-40 people at a time and needs to be divided in to different slots



Flight Options

Carrier	Flight	Class	Date	Day	From	To	Dep	Arr	Arr. Date
EK-Emirates Airline	513	Economy	25-Oct	Mon	Delhi (India)	Dubai (United Arab Emirates)	0415	0620	25-Oct
EK-Emirates Airline	191	Economy	25-Oct	Mon	Dubai (United Arab Emirates)	Lisbon (Portugal)	0725	1235	25-Oct
VY-Formosa Airlines	8461	Economy	29-Oct	Fri	Lisbon (Portugal)	Barcelona (Spain)	0905	1200	29-Oct
EK-Emirates Airline	142	Economy	03-Nov	Wed	Madrid (Spain)	Dubai (United Arab Emirates)	1425	0025	04-Nov
EK-Emirates Airline	510	Economy	04-Nov	Thu	Dubai (United Arab Emirates)	Delhi (India)	0420	0855	04-Nov

Report from APMF

Dr. Atul Munshi
APMF Representative
Indian Menopause Society



- The APMF council meeting was held on a virtual platform with 12 voting members (much less than a physical meeting) on 20th November.
- Various future plans of educational activities, research projects, were discussed in detail.
- The 10th APMF scientific meeting in 2025 was allotted to Malaysia.
- India has to bid for 2027 at the Council meeting in Indonesia in 2023 at the 9th scientific meeting.

REVERSING MENOPAUSE



Dr. Sonia Malik (Past President, IMS)

Director & HOD, Nova Southend Fertility & IVF, Vasant Vihar, New Delhi

The onset of menopause signals the end of a woman's fertile years. Its associated adverse effects are produced mainly due to a deficiency of the hormone estrogen. A peri menopausal or post menopausal woman may suffer from symptoms such as:

- Irregular or missed periods
- Periods that are heavier or lighter than usual
- Hot flashes
- Vaginal dryness
- Bladder irritability and incontinence
- Emotional changes (irritability, mood swings, mild depression)
- Dry skin, eyes, or mouth
- Sleeplessness
- Decreased sex drive

The deficiency of estrogen in the body also predisposes the woman to other medical conditions such as Osteoporosis, increased risk for cancer in ovary and colon, periodontal disease, tooth loss and cataract formation.

Till now different treatment modalities were available to control the unpleasant symptoms of menopause. These include:

- Hormone therapy: This can be in the form of pills, patches, transdermal sprays, or gels or creams. It is used to control symptoms like hot flashes and vaginal dryness. However, hormone therapy has been associated with certain health risks such as heart attack, stroke, and breast cancer), and experts thus recommend using the lowest effective dose of hormone therapy for the shortest period of time necessary for symptom control.
- Antidepressant medications: the selective serotonin reuptake inhibitors (SSRIs) and related medications have been shown to be effective in controlling the symptoms of hot flashes in up to 60% of women.
- Gabapentin: Gabapentin helps to reduce hot flashes. It is useful in women who can't use estrogen therapy and in those who have hot flashes at night.

- Clonidine: It is typically used to treat high blood pressure and may help to treat hot flashes.
- Vitamin D supplements: vitamin D supplements help strengthen bones and treat or reduce the risk of developing osteoporosis.
- Non-hormonal vaginal gels, creams, and lubricants can help prevent the symptoms of vaginal dryness.

Emerging research suggests that menopause can be reversed, at-least temporarily. Scientists are looking at potential treatments such as melatonin therapy, ovarian rejuvenation, ovarian tissue cryopreservation and cosmeceuticals. Each therapy aims to reduce the symptoms of menopause and revive natural ovulation.

Melatonin is a sleep hormone produced by the pineal gland and it plays an important role in the production of reproductive hormones. It has been seen that the pineal gland shrinks in size as a woman approaches menopause. Melatonin levels decline during aging and this may signal the derangement of pineal and pituitary-controlled ovarian cyclicity and the progressive quenching of fertility in women. Bellipani et al (2001) studied the effects of exogenous administration of melatonin on the level of hormones which are involved in the genesis and progression of menopause. They found that most women treated with melatonin reported a general improvement of mood and a significant mitigation of depression. They also observed a recovery of pituitary and thyroid functions in melatonin-treated women, towards a more juvenile pattern of regulation. Although more research is required for more conclusive evidence, melatonin could be a natural and safe way of delaying, or potentially reversing, menopause.

Ovarian rejuvenation is a new procedure that utilizes platelet-rich plasma (PRP) injections to stimulate natural hormonal production and restore fertility in women who are unable to conceive or who suffer with symptoms associated with hormone deficiency. The platelets contain alpha granules which contain platelet-derived growth factor (PDGF); transforming growth factors $\beta 1$, $\beta 2$, and $\beta 3$ (TGF- $\beta 1$, TGF- $\beta 2$, TGF- $\beta 3$); platelet-derived angiogenesis factor (PDAF); insulin-like growth factor 1 (IGF-1); platelet factor 4 (PF-4); epidermal growth factor (EGF); epithelial cell growth factor (ECGF); vascular endothelial cell growth factor (VEGF); primary fibroblast growth factor (bFGF); bone morphogenetic proteins BMP-2, BMP-4, BMP-6, and BMP-7; and other cytokines. During PRP (platelet-rich plasma) therapy, the platelets degranulate and release cytokines. These activate the ovarian germline stem cells (GSCs) and also promote folliculogenesis in the dormant primordial follicles present in the ovary. Petryk et al (2020) conducted a study to evaluate the role of PRP in restoring ovarian function. They found a significant improvement in hormone levels. They also achieved ten pregnancies after PRP therapy of which six healthy babies were born. Intraovarian PRP thus shows promise for women in menopause as an alternative to conventional HRT, and to those seeking pregnancy.

Ovarian tissue cryopreservation and transplantation (OTCT) has recently been advocated as a method to delay menopause. It involves cryopreserving the ovarian tissue that is excised at a young age and then transplanted at menopause, when ovarian function is no longer present. However, it is unknown whether ovarian grafts result in a normal steroid pulsatile secretion, similar to that present during reproductive years. Till now no comparative studies have been conducted to evaluate OTCT as a potential alternative to hormone replacement therapy (HRT) and there is no evidence to suggest that OTCT is superior to HRT in terms of both efficacy and safety. Thus, further evaluation and clinical investigation are required before regarding OTCT as a mainstream technique for managing menopausal symptoms.

Menopause is associated with a decline of 17 β -estradiol levels. Deficiency of estradiol levels negatively impacts the dermal cellular and homeostatic mechanisms, resulting in dramatic reduction in skin health and wellness. There is loss of collagen, elastin, fibroblast function, vascularity, and increased matrix metalloproteinase(s) enzymatic activities, resulting in cellular and extracellular degradation that leads to dryness, wrinkles, atrophy and impaired wound healing/barrier function. Traditional treatment includes use of hormones locally which effectively reverses skin deterioration. However, aversion to long term use of systemic hormones has led to research for newer therapeutic agents such as bioidentical hormones and cosmeceuticals.

Bioidentical Hormones are compounds that have exactly the same chemical and molecular structure as hormones that are produced in the human body.

Bioidentical estrogen (17 β -estradiol) is derived from plant sources and is available in pills, patches, sprays, creams, gels, and vaginal tablets. The compounded estrogen formulations most frequently prescribed contain 2 or 3 forms of estrogen that are “identical” to those found in humans: estradiol, estrone, and estriol in varying percentages. It has been found that they have a beneficial effect on vasomotor symptoms, hot flashes, bone density, urogenital atrophy, and fracture prevention.

Progesterones are poorly absorbed and rapidly metabolized, while progestins have high oral bioavailability. The process of micronization improves absorption of oral progesterone. Bioidentical progesterone is available in certain FDA-approved preparations as oral micronized progesterone in oil or as vaginal progesterone gel.

It is claimed that Customized Bioidentical Hormone Treatment (CBHT) with its customized compounded formulations provide the best means of “tailoring or personalizing” therapy iv

However, there is a lack of uniformity in the various formulations that can be compounded and thus treatment should be taken under guidance of a licensed health professional.

Cosmeceuticals: Cosmeceuticals represent the blending of cosmetics and pharmaceuticals. However, the FDA considers cosmeceutical products as cosmetics only. The plant kingdom is the main source of the new cosmeceutical ingredients and the phytoestrogens act as SERMs and possess ER α -agonist properties. Many plant derived compounds (phytoestrogens) that contain estrogen-agonist SERMs now play major roles in treatments for aging and estrogen-deficient skin. There are two promising cosmeceuticals in this regard namely, an analog of resveratrol [4'-acetoxy resveratrol (4AR)] and the isoflavonoid compound equol.

The skin benefits of resveratrol includes anti-inflammatory, antioxidant properties that protect against UV radiation. The isoflavonoid compound, equol, is a relatively new phytochemical which binds to the ER α in keratinocytes and inhibits dermal aging and enhances facial attractiveness.

It has been found that creams, gels, and lotions containing phytoestrogens and isoflavones or genistein over 12–24 weeks show improvement in skin dryness, thickness, facial wrinkles, fibroblast viability, increased hyaluronic acid levels, and type I and III collagen production.

These preparations presently play a major role as cosmeceuticals in the skin care industry and help in the reversal of menopause related skin changes.

Thus, there are many approaches which are being studied and developed to manage or reverse the symptoms associated with menopause. However there is not enough scientific evidence to promote any one modality for reversing menopause.

References

1. Bellipanni G, Bianchi P, Pierpaoli W, Bulian D, Ilyia E. Effects of melatonin in perimenopausal and menopausal women: a randomized and placebo controlled study. *Exp Gerontol*. 2001 Feb;36(2):297-310.
2. Nataliia Petryk & Mykhailo Petryk. Ovarian Rejuvenation Through Platelet-Rich Autologous Plasma (PRP)—a Chance to Have a Baby Without Donor Eggs, Improving the Life Quality of Women Suffering from Early Menopause Without Synthetic Hormonal Treatment. *Reproductive Sciences*, July 2020.
3. Kolibianaki EE, Goulis DG, Kolibianakis EM. Ovarian tissue cryopreservation and transplantation to delay menopause: facts and fiction. *Maturitas*. 2020 Dec;142:64-67.
4. Files JA, Ko MG and Pruthi S. Bioidentical Hormone Therapy. *Mayo Clin Proc.*, July 2011;86(7):673-680.
5. Lephart ED, Naftolin F. Menopause and the Skin: Old Favorites and New Innovations in Cosmeceuticals for Estrogen-Deficient Skin. *Dermatol Ther (Heidelb)*. 2021 Feb;11(1):53-69.

The image features a bold, abstract graphic design. A large, vibrant orange shape, resembling a stylized letter 'C' or a thick, curved line, dominates the center. This orange shape is set against a white background. Above and below the orange shape are solid purple rectangular blocks. The entire composition is framed by a thick orange border. The text 'Committee Reports' is written in a white, serif font, centered within the orange shape.

Committee Reports

Aesthetic Health Committee

Dr. Ragini Agrawal



Torrent VIVA team on behalf of IACDG, Aesthetic health committee of IMS and IACDG in association with Raipur Society Presents Menopause an Eternal truth Episode 13: SEXUAL DYSFUNCTION A CHALLENGE TO QUALITY LIFE

Date: 22nd October, 2021 | Time: 3:30 - 6:30 pm

3:30 PM - INAUGURATION

CHIEF GUEST

Dr. C Ambuja
President, IMS

GUESTS OF HONOUR

Dr. Sudha Sharma
Secretary General, IMS

Dr. Anita Shah
Past Secretary General, IMS

Dr. Abha Singh
Vice President SOGSI
President, BOGCG, BOGS, IFSCG, IMS, Raipur

PROGRAM DIRECTOR

Dr. Ragini Agrawal
VP FOGSI-2020
Founder Chair Aesthetic Health Committee
IMS, President IACDG

PROGRAM COORDINATORS

Dr. Manoj Chellani
President Raipur Menopause Society

Dr. Gurpreet Kaur
Secretary Raipur Menopause Society

CHAIRPERSONS

Dr. Jyoti Jaiswal
Professor & HOD, Dept of Obs & Gyn
P.N.M Medical College, Raipur

Dr. Gurpreet Kaur
Secretary Raipur Menopause Society

Dr. Abha Daharwal
Vice President BOGSI

SCIENTIFIC SESSION: 4:00PM-6:30PM

Session - 1 : 4:00pm - 4:30pm
Talk: 1
Key Note Address- FSD and Menopause

Dr. Sudha Sharma
Secretary General, IMS

Session - 2 : 4:30pm - 4:45pm
Talk: 2
Ejaculatory Disorder

Dr. Manoj Chellani
President Raipur Menopause Society

Session - 3 : 5:00pm - 6:30pm
Talk: 3
FSD a case based Discussion

Dr. Ragini Agrawal
VP FOGSI-2020
Founder Chair Aesthetic Health Committee
IMS, President IACDG

EXPERT

Dr. Raj Brahmbhatt
Director, Kama Institute of Sexual Studies

PANELISTS

Dr. Padmini Prasad
President, Bangalore OBSGYN Society

Dr. Sanjay Deshpande
Chairperson CSOPL
Secretary-Indian Andropause Society

Dr. Virupaksha HS
Associate Professor in the Dept of Psychiatry, Ramiah Medical College, Bangalore

Dr. Deepak Jumani
Senior Sexual Health Physician & Counselor

Dr. Saroj Gurnaste
Consultant in Sexual & Reproductive Health

6:30 PM ONWARDS

VOTE OF THANKS

Dr. Gurpreet Kaur
Secretary Raipur Menopause Society

CLICK HERE TO JOIN Meeting ID: 949 3723 1581 | Password: EVLON

Torrent VIVA team on behalf of IACDG, Aesthetic health committee of IMS & Club 35 - Committee and Digital education committee and IACDG in association with Gurgaon Menopause Society Presents Menopause an Eternal truth Episode 14: AESTHETIC HEALTH OF PERI MENOPAUSAL WOMEN TOP TO TOE: PART 1

Date: 24th November, 2021 | Time 3:30 - 6 pm

3:30PM - 4:00PM : INAUGURATION

CHIEF GUEST

Dr. C Ambuja
President, IMS

GUESTS OF HONOUR

Dr. Sudha Sharma
Secretary General, IMS

Dr. Anita Shah
Past Secretary General, IMS

Dr. Pushpa Sethi
Vice President, IMS

PROGRAM DIRECTOR

Dr. Ragini Agrawal
VP FOGSI-2020
Founder Chair Aesthetic Health Committee
IMS, President IACDG

WELCOME ADDRESS

Dr. Suman Yadav
President GSM

CHAIRPERSONS

Dr. Arti Gupta
Chairperson, IMS

Dr. Vandana Narula
President DMA, Gurgaon

Dr. Alka Mathur
Gurgaon Menopause Society

Dr. Saroj Kumar
Secretary, Gurgaon Menopause Society

SCIENTIFIC SESSION: 4:00PM-6:00PM

Session - 1 : 4:00pm - 4:20pm
Talk: 1
Facial Aesthetics in Mid Life

Dr. Thomas
Medical Director of Dr Mohan Thomas Aesthetics & The Cosmetic Surgery Institute

Session - 2 : 4:30pm - 4:50pm
Talk: 2
Beautiful legs at Midlife

Dr. Ravul Jindal
Director, Vascular & Endovascular Surgery

Session - 3 : 5:00pm - 5:20pm
Talk: 2
Body Contouring in Mid Life

Dr. Thomas
Medical Director of Dr Mohan Thomas Aesthetics & The Cosmetic Surgery Institute

Session - 4 : 5:30pm - 6:00pm
Talk: 3
Women intimate Aesthetic Health

Dr. Ragini Agrawal
VP FOGSI-2020
Founder Chair Aesthetic Health Committee
IMS, President IACDG

6:30 PM ONWARDS

VOTE OF THANKS

Dr. Saroj Kumar
Secretary, Gurgaon Menopause Society

CLICK HERE TO JOIN Meeting ID: 00000000 | Password: EVLON

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Club 35+ Committee

Dr. Arti Gupta



IMSCON²⁰²¹ VARANASI

VARANASI MENOPAUSE SOCIETY

In association with

CLUB 35+ PUBLIC AWARENESS COMMITTEE & INDIAN MENOPAUSE SOCIETY

INVITES YOU FOR PUBLIC FORUM COMPETITIONS ON

Celebrating Festivals
आओ सखी त्योहार मनाएँ

• In Eco-friendly way
• Following Covid protocols
• With Spirituality
• Fasting & Feasting

On any of the above topics we invite

• Slogans not more than 4 lines.
• E posters
• Videos of 2 mts with thoughts in form of Poems or speech.

• Entries may be in Hindi or English. • ALL entries will be judged by eminent judges. • Best 3 entries will be awarded. • Decision of judges will be considered final. • ALL the Participants will receive a participation e-certificate. • Last date of entry is 10th September till 5:00 pm.

RESULTS WILL BE ANNOUNCED
On 1st October in IMSCON-2021 in Varanasi.

Entries to be sent to:

Dr. Usha Yadav @9415201318 usha_yadav_msc@hotmail.com
Dr. Archana Sati @9529220000 dr.archana.sati@gmail.com
Dr. Shalini Tandon @9415203046 shalini452@gmail.com
Dr. Arti Gupta @987082643 dr.artimanagami@gmail.com



हिन्दुस्तान चुनौतीपूर्ण दौर पर नियंत्रण को जीवन शैली सुधारें



इम्स्कॉन के राष्ट्रीय कॉन्फ्रेंस का उद्घाटन करती मेयर मुदुला जायसवाल। • हिन्दुस्तान
वालाणसी | वरिष्ठ संवाददाता

इंडियन मेनोपॉज सोसायटी और वाराणसी मेनोपॉज सोसायटी की ओर से तीन दिवसीय 26वां राष्ट्रीय कॉन्फ्रेंस आईएमएसएससी ऑन-2021 शुक्रवार को नंदसर विश्व होटल ताज मैनेज में शुरू हुआ। इसमें बहुती उम्र में स्त्रियों के स्वास्थ्य संबंधित बीमारियों पर चर्चा की गई। इसके अलावा देशभर के विभिन्न विधा के खातिप्राप चिकित्सकों ने शोध पत्र प्रस्तुत किए।

मुख्य अतिथि महाश्वर मुदुला जायसवाल ने कहा कि 35 वर्ष से ऊपर की सभी महिलाएं अपनी जीवन शैली में सुधार लाकर चुनौतीपूर्ण दौर को नियंत्रित करें। यूरोमाइ नेकोलॉजी तथा पब्लिक हेल्थ पर डॉ समीर त्रिवेदी, डॉ किरण पांडेय, डॉ संगीता राय, डॉ नवनीत मेनन, डॉ अखिल सक्सेना ने, पब्लिकपलोर एपाटोमी एंड चेंज इनवोली चेंज पर डॉ वंदना गुरूला ने विचार रखे। डॉ शोला शर्मा ने केयर ऑफ आईज आपटर-40, डॉ नीलम मिश्र ने डेटल केयर एट मिडलाइफ, डॉ उषा यादव ने हाउ टू मैटन गौर बीन हेल्थ एट मिडलाइफ, डॉ शालिनी टंडन ने न्यूट्रिशन एंड हेल्थ आपटर-40 पर व्याख्यान दिए। डॉ प्रभु मिश्रा, डॉ रोजल अजमेरा, डॉ राजीव कुमार, डॉ अंजय खन्ना, डॉ दिव्या खन्ना, डॉ अरिक्ता पटेल, डॉ निखा सिंह ने अपनी बातें साझा की। इस अवसर पर डॉ जिनेसा शाह, डॉ नरेन्द्र मल्लोत्रा, डॉ अनुराधा खन्ना, डॉ नीलम ओहरी, डॉ अनुजा पौराण, डॉ अनीता जोकर, डॉ सुधा सिंह, डॉ दिव्या अग्रवाल, डॉ शिखा सचवा आदि उपस्थित थीं।



Club 35+ Committee

Dr. Arti Gupta



INDIAN MENOPAUSE SOCIETY & AGRA MENOPAUSE SOCIETY WITH AGRA OBS AND GYNAE SOCIETY
Invites you for
UNDERSTANDING SPOUSE WITH LOVE
 Our next National Public Forum on
13th Nov, Saturday at 4:00 PM

CHIEF GUEST
PROF (DR) AMBUJA CHORANUR
 President, IMS

GUEST OF HONOUR
Dr. Sushma Chawla
 Founder-Chief Secretary of IMS & Club 35, Jaipur
 Chapter

Chairperson
Dr. Madhu Rajpal
 Senior Consultant
 OBGYN with special interest in fertility and IVF

Speaker
Dr. Darshna Thakkar
 Gynaecologist & Motivational Speaker
 Emotional Health Consultant

Moderator
Dr. Arti Gupta
 President AGS, Committee chairperson public awareness & club 35+

Panelist
Dr. Narendera Malhotra
 Managing Director, Global Healthcare
 Healthcare & Pharma
 President, IMS & Club 35, Jaipur
 Chapter

Panelist
Dr. Vipul Kapadia
 Director, Narayan Hospital, Navsari

Panelist
Dr. Yogesh Patel
 M.D. (Psychiatry) from Medical College
 Vadodra. He was an Assistant Professor of Psychiatry in Medical College, Vadodra

Panelist
Dr. Amita Sharma
 M.B.B.S., M.D. OBSTETRICIAN AND Gynaecologist, HANMANTACARMAKAR AND SOCIAL WORKER

Panelist
Dr. Archana Dwivedi
 M.B.B.S. (Gynaecology) & Senior consultant gynaecologist, Starting Hospital

Master of Ceremony
Dr. Ratna Sharma
 President, IMS

Master of Ceremony
Dr. Savita Tyagi
 Secretary, AGS
 Chairperson, IMS Rural Committee

CLTRNET
 Digital partner -

- Indian Menopause Society & Agra Menopause Society with Agra Obs and Gynae Society Invites you for Our next National Public Forum on 13th Nov, Saturday
- Chief guest - Dr Sushma Chawla, Dr Ambuja choraur
- Guest of honour - Dr Sudha Sharma
- Chairperson - Dr Madhu Rajpal , Dr Ragini Agarwal
- Topic - Understanding Spouse with love एक दूसरे को समझे प्यार से!
- Speaker - Dr Darshana thakkar.
- Panel on - Spice and Sugar in Married Life शादी-विवाह और नोक झोंक
- Moderator Dr Arti & Dr Darshana
- Panelist
 - Dr Narendera Malhotra
 - Dr Vipul Kapadia
 - Dr Amita Sharma
 - Dr Sunita Rani
 - Dr Archana Dwivedi
 - Dr Yogesh patel



आगरा। एस्पन के मेडिकल छात्र पोस्टमार्टम की बारीकियाँ समझे। यहाँ बने कष्ट और प्रयोगशाला का भी उपयोग हो सकेगा। अब मेडिकल के छात्रों की वहाँ ड्यूटी लगेगी। शनिवार को प्राचार्य डॉ. प्रसन्न गुप्ता से मिलने के बाद क्षेत्र बजाना कमेटी के अध्यक्ष अशोक गोयल ने बताया कि 14 साल पहले पोस्टमार्टम गृह में दो कक्ष और एक प्रयोगशाला बनाई गई थी। अभी तक इसका उपयोग नहीं हो पा रहा है। उद्योगपतियों से अपील कि वह एक-एक विभाग गेद लें, जिससे चिकित्सकीय सेवाएँ और बेहतर हो सकें। प्राचार्य ने बताया कि फॉरेंसिक विभाग के डॉ. गीरव शर्मा ने पोस्टमार्टम का निरीक्षण कराया है। अब यहाँ मेडिकल छात्रों की ड्यूटी लगेगी। यह पोस्टमार्टम की बारीकियाँ समझे और प्रयोगशाला का भी उपयोग हो सकेगा। ब्यूरो

खुशहाल पारिवारिक जीवन पर की चर्चा

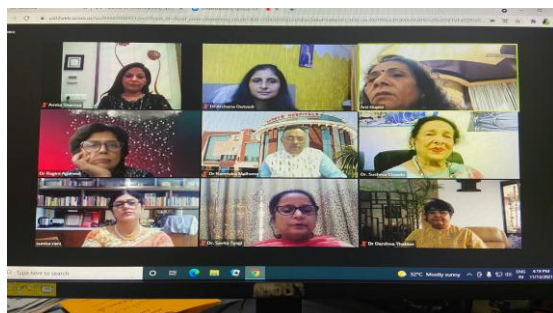
आगरा। इंडियन मीनोपाज सोसायटी, आगरा मीनोपाज सोसायटी व आगरा आक्स एंड गायनी सोसायटी ने शनिवार को आनलाइन नेशनल पब्लिक फोरम में खुशहाल पारिवारिक जीवन पर परिचर्चा की। मुख्य अतिथि आईएमएस की अध्यक्ष डॉ. अंबुजा व डॉ. सुष्मा चावला ने कहा कि पति-पत्नी के रिश्ते में बढ़ती दूरियों और उनके साइड इफेक्ट जैसे घरेलू हिंसा, महिलाओं के स्वास्थ्य पर पड़ने वाले विपरीत प्रभाव को देखते हुए इस तरह की कार्यशालाएँ जरूरी हैं। आईएमएस की सचिव डॉ. सुधा शर्मा, डॉ. दर्शना ठक्कर, डॉ. नरेंद्र महोत्रा, डॉ. विपुल कपाड़िया, डॉ. अमिता शर्मा, डॉ. सुनीता रानी, डॉ. अर्चना द्विवेदी, डॉ. अरती मनोज, डॉ. सविता त्यागी, डॉ. मधु राजपाल व डॉ. रागिनी अग्रवाल ने भी प्रतिभाग किया। संचालन डॉ. रत्ना शर्मा ने किया। ब्यूरो

छह दुल्हनों के हाथों में रचाई मेहदी

आगरा। हरि नाम संकीर्तन सेवा ने संकटमोचन बाबा मंदिर, माल रोड पर मेहदी और महिला संगीत कार्यक्रम आयोजित किया। सत्र ज्ञातीय सामूहिक विवाह के तहत कार्यक्रम में छह दुल्हनों को सेवा समूह की महिलाओं ने मेहदी लगाई। मंदिर के गुरुजी सुरेंद्र प्रकाश भारद्वाज, गरिमा किशोरी, मधु अग्रवाल, चान्दनी भोजवानी, पूजा भारद्वाज, ऊषा बघेल आदि मौजूद रहे। स्वाद

राष्ट्रल नगर में मददों की गवोर्ह मे बग हाल

जागरण
बेहतर पारिवारिक जिवदी के लिए एक-दूसरे को समझें
 जास, आगरा: इंडियन मीनोपाज सोसायटी की शाखा आगरा मीनोपाज सोसायटी ने आगरा आक्स एंड गायनी सोसायटी के सहयोग से शनिवार को आनलाइन नेशनल पब्लिक फोरम आयोजित किया। इसमें विवाह के बाद खुशहाल पारिवारिक जीवन पर चर्चा की गई। मुख्य अतिथि आईएमएस की अध्यक्ष डा. अंबुजा और जालंधर से डा. सुष्मा चावला ने कहा कि पति-पत्नी के रिश्ते में बढ़ती दूरियों और उनके साइड इफेक्ट जैसे घरेलू हिंसा, महिलाओं के स्वास्थ्य पर पड़ने वाले विपरीत प्रभाव को देखते हुए इस तरह के फोरम और कार्यशालाएँ बहुत जरूरी हैं। विशिष्ट अतिथि आईएमएस की सचिव डा. सुधा शर्मा, डा. दर्शना ठक्कर, डा. अरती मनोज, डा. रत्ना शर्मा, डा. मधु राजपाल, डा. रागिनी अग्रवाल आदि मौजूद रहे।



Education Committee

Dr. Laxmi Shrikhande



IMS Education Committee Presents VII

Live Webinar On

Theme : Nutrition & Menopause

Link : <https://bit.ly/IMS-Education-Committee>

Date: Thursday, 23rd October '21, Time: 4:00 PM - 6:00 PM

Chief Guest



Dr. Ambuja CGOH
President, IMS

Guest of Honor



Dr. Sudhaa Sharma
Secretary General, IMS

Convenor



Dr. Laxmi Shrikhande
Chairperson
IMS Education Committee

TOPIC : TALK ON READ YOUR LABEL BEFORE YOU BUY FOOD

Speaker



Dr. Laxmi Shrikhande
Chairperson
IMS Education Committee

Chairpersons



Dr. Shobhana Mohandas
President Elect,
Indian Menopause Society



Dr. Anuradha Khanna
President
Varanasi Menopause Society

PANEL ON PRACTICAL TIPS ON NUTRITION & MENOPAUSE

MODERATOR



Dr. Ambuja Choranur
President
Indian Menopause Society

PANELISTS



Dr. Pushpa Sethi
Vice President
IMS



Dr. M. Tripura Sundari
South Zone Coordinator
IMS Education Committee



Dr. Anju Soni
Sec Gen Elect IMS



Dr. Vidya Thobbi
Past Chairperson
Food/Drugs & Medication-surgical
Equipment Committee



Dr. Jyothika A Desai
South Zone FOGSI
Quiz Coordinator



Dr. Vaidehi Marathe
Immediate Past President
MOGS

Supported By :  Walter Bushnell
Healthcare Foundation



Indian Menopausal Society

In association with IMS Education Committee Presents VIII

Live Webinar On

Theme : Artificial Intelligence in Healthcare

Link : <https://bit.ly/WB-Artificial-Intelligence-Healthcare>

Date: Saturday, 27th November '21, Time: 4:00 PM - 6:00 PM

Chief Guest



Dr. Ambuja Choranur
President
Indian Menopause Society

Guest of Honor



Dr. Sudhaa Sharma
Secretary General, IMS

Convenor



Dr. Laxmi Shrikhande
Chairperson
IMS Education Committee

Topic 1: AI in medicine

Speaker



Dr. Jaydeep Tank
Immediate Past
Secretary General,
FOGSI

Chairpersons



Dr. Anju Soni
Sec Gen Elect IMS



Dr. Binal D Shah
President
Menopause Society
Vadodara

Topic 2: AI in Menopausal Health

Speaker



Dr. Manoj Chellani
Director,
Aayush Maternity
Home

Chairpersons



Dr. Kiran Pandey
Professor &HOD
Medical College,
Kanpur



Dr. Anjula Sahai
Consultant OBGY
Jeevan Jyoti Hospital,
Allahabad

Topic 3: Healthy Aging - Meeting the challenges in Era of AI

Speaker



Prof. Maninder Ahuja
President Society of
Meaningful Life
Management(SMLM)

Chairpersons



Dr. Asha Jain
President Rajpur OB/GY
Society



Dr. Shobha N Gudi
Prof. HOD,
St Philomenas Hospital,
Bangalore

Supported By :  Walter Bushnell
Healthcare Foundation

Fertility & Aging Committee

Dr. Sushma Baxi



- Fertility and ageing committee of IMS had a webinar on 19th October with Jammu menopause society, Jammu medical College and Jammu obgyn society.
- Dr Ambuja and dr Sudhaa Sharma were chief guest and guest of honor.
- Dr Sushma baxi talked on issues of midlife fertility
- Dr krishna chaitanya talked on fertility management in advanced paternal age. Dr Shivani gaur talked on ART in 40+ and dr Niraj jadav spoke on sexual problems in females 40+
- Dr Amita Gupta, dr Anil Mehta, dr Jyoti huq, dr Meeta Gupta dr sapana Puri were esteemed chairpersons. Dr Neha Mahajan and dr pallavi were MOC.
- The webinar was attended by members of Jammu menopause and obgyn society in large nos.



AGE AND FERTILITY

FERTILITY AND AGEING COMMITTEE OF Indian Menopause Society in association with Jammu OBG SOCIETY AND ASCOMS

Date – 19th October, 2021 | Time – 4:00 pm to 6:00 pm

Chief guest	Guest of honour	Organizer & chairperson
Dr. Ambuja Choranur President Indian menopause society	Dr. Sudha Sharma Secretary general Indian menopause society	Dr. Sushma Baxi Chairman fertility and aging committee IMS
Chair persons		
Dr. Jyoti Hak President Jammu OBG Society Prof. and HOD CBO GWC Jammu	Dr. Sapna Puri Prof. and HOD CBO ASCOMS Jammu	Dr. Meeta Gupta Secretary Jammu Menopause Society Associate Prof. CBO ASCOMS Jammu
Dr. Anil Mehta President Jammu Menopause Society Prof. and HOD OBG GMC Kathua		
Speakers		
Dr. Krishna Mantravadi Scientific director oasis centre for reproductive medicine Hyderabad	Dr. Shivani S. Gaur Director SCI IVI centre delhi and Noida	Dr. Niraj Jadav Chairperson sexual committee FOGSI
Moderators		
Dr. Neha Mahajan Member fertility and aging committee IMS	Dr. Pallavi Sharma Executive member Jammu OBG society	

Dr. Krishna	- 20 minutes	- Advanced paternal age and fertility management
Dr. Shivani Gaur	- 20 minutes	- ART in 40+
Dr. Niraj Jadav	- 20 minutes	- Sexual problems in 40 + females

1 IMS point

Digital Partner: **CLINET**

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Rural Committee

Dr. Savita Tyagi



- In month of October
- Free check up camp was organised on 07 th of October by ims Agra at Ishwar nursing home and around 20 menopausal women were examined for Bp ,sugar , cholesterol ,BMI and general examination
- One webinar with ims Agra done on 28 th of October,well attended by 100 members
- In month of November our team went to one nearby slum of Agra to motivate about health check importance in menopausal women

**AGRA MENOPAUSE SOCIETY
IMS RURAL COMMITTEE**
WELCOME YOU TO LIVE WEBINAR
BONE HEALTH A MAJOR PROBLEM IN MENOPAUSE
**28 TH OCTOBER, 2021
5.00 – 7.00 PM**

CHIEF GUEST

PROF (DR.) AMBUJA CHORANUR
President IMS

DR. SUDHA SHARMA
Secretary General IMS

GUEST OF HONOUR

DR. JIGNESH SHAH
Post President IMS

PROF (DR.) SAROJ SINGH
HOD of OBGY Dept
SNMC Agra

CHAIRPERSON

DR. JYOTI JAISWAL
Prof and HOD of OBGY Dept,
JMI Medical College, Raipur

DR. AMRIT GOYAL
Dept of orthopaedic
Associate professor
SNMC Agra

BONE HEALTH IN MENOPAUSE

SPEAKER

DR. AKHLESH YADAV
Associate Director Orthopaedics
and Joint Replacement, Max hospital

PANEL DISCUSSION – BUILDING STRONG BONES

MODERATOR

DR. ARTI GUPTA
President AODS
Committee chair person public awareness & club 35+

PANELISTS

DR. AKHLESH YADAV
Associate Director Orthopaedics
and Joint Replacement,
Max hospital

DR. JAMUNA DEVI
Consultant OBGY

DR. MADHU SHARDA
MENOPAUSE HEART CARE
AND INFERTILITY CENTER

DR. GAZAL JAIN
Director AODS/ OBGY Varanasi

PROF (DR.) R. SINGH
Prof OBGY Dept SNMC Agra

ORGANIZER

DR. RATNA SHARMA
Pastor IMS

DR. NIDHI BANSAL
Secretary AMS

DR. SAVITA TYAGI
Secretary AODS
Chairperson, IMS Rural Committee

MASTER OF CEREMONY

DR. GAYATRI GUPTA
Consultant OBGY

DOORS: PARNAS



Quiz Committee

Dr. Jyoti Jaiswal



National Quiz @ IMSCON 2021 @ Varanasi

The national quiz at IMSCON 2021 Varanasi on the theme of bone health was conducted from 1 – 3 October 2021.

It was well appreciated by the contestants and the audience participation. IMS President Dr Ambuja, conference chairperson Dr Anuradha Khanna and org. Secretary Dr Neelam Ohri graced the programme with their presence.

National Quiz Co-ordinator : Dr Jyoti Jaiswal

Member of Local quiz committee:

Dr Madhu Jain, Dr Sadhana Gupta, Dr Mamta, Dr Ruchi

There were two rounds in the quiz

- **Preliminary round** : written round of 25 MCQs held on 1.10.21 in hall Buddha
- **Final round** : conducted on 3.10.21 in hall Ganga on stage
- **Numbers of participants**: we received total 15 entries from all over the country.
- **No of participants attended in the quiz** = 12
- **No of participants absent in the quiz** = 03
- Out of these 12 participants, we selected 4 finalists who scored highest in the preliminary written round.
- There names are given below along with their society names & scores.
 - **Dr Yashaswi Pandey** (Chennai society) 23/25
 - **Dr Divya Chaudhary** (Udaipur society) 22/25
 - **Dr Nilesh Jethabhai Chawda** (Surat society) 21/25
 - **Dr Monika Chandra** (Varanasi society) 20/25



Quiz Committee



Dr. Jyoti Jaiswal

- **Final round quiz summary:** final round of the quiz was conducted on **3.10.21** on stage in front of audience
- In the final quiz we conducted 4 rounds
 1. General round related to menopause society
 2. Audio-visual round
 3. Bone health round
 4. Rapid fire round
- **Winners of the quiz:** based on the results of final round quiz questions:
- **First winner:** tie between two candidates **Dr Divya Chaudhary** and **Dr Nilesh Chawda**
- **Dr Divya** won **RATNABALI QUIZ RATNA AWARD** Of cash prize Rs 11,000/-
- **Dr Nilesh** Won **Dr Duru Shah Award** of cash prize Rs 8000/-
- **First runner up :** **Dr Yashaswi Pandey** received cash prize of Rs 6000/-
- **Second Runner up:** **Dr Monika Chandra** received cash prize of Rs 4000/-



OBESITY, MEDICAL RED FLAG

Midlife weight management

Dr. Ambuja Choranur

President, IMS 2021-22



Prevalence of obesity in India is **40.3%**.

According to ICMR-INDIAB study 2015, prevalence rate of obesity and central obesity are varying from 11.8% to 31.3% and 16.9%–36.3% respectively.

Zonal variations were seen as follows: south highest at 46.51% and east lowest at 32.96%

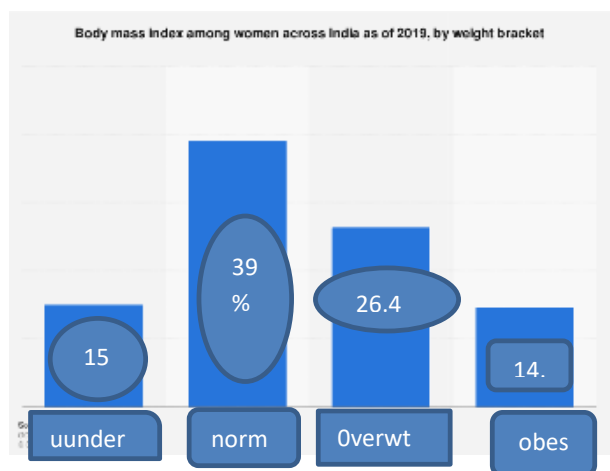
Obesity was higher among women than men (41.88% vs. 38.67%), urban than rural .29-May-2021 Women frequently become overweight during the menopause transition years.

National Family Health Survey (NFHS-4) report; the prevalence of obesity among women in India is 20.7.

Body mass index among Indian women 2019 by weight bracket

Published by Statista Research Department, Mar 31, 2021

As per the results of a large scale survey in 2019, a majority of Indian women were found to have a normal body mass index. While around 26 percent of the respondents were overweight. Only 15 percent of surveyed women were underweight, whereas 23 percent of the surveyed men were underweight across the country that year.



Normal BMI people also can have abdominal obesity depicted by waist circumference, Increased WC is a risk factor for Non communicable diseases.

Middle aged women (Age 45 to 60 yrs) gain approximately 0.55kg(<1lb)/year(Kuller et al 1997). During menopausal transition even in the absence of weight gain, body fat distribution changes. Preferential increase in central fat, intra-abdominal fat (android orv apple shape) and gluteo-femoral fat is noticed. This is independent of age and total body fat, Android obesity is associated with hypertriglyceridemia and increase in LDL.

Obesity — especially abdominal obesity— contributes to and increases the risk of cardiovascular and metabolic disorders, arthritis, respiratory problems, urinary incontinence, and some types of cancer. Physical and cognitive function may also be adversely affected ⁽¹⁾

Decrease in Estrogen levels is one of the contributory factors for visceral obesity and insulin resistance.

Indian women attain menopause six years earlier than western counterparts, one third of their life they spend in post-menopausal oestrogen deficiency state⁽²⁾. However, the role of oestrogen as well as the role of lifestyle (poor diet, lack of exercise, drinking excessive alcohol, and smoking), reduced protein consumption, increased oxidative stress, and aging need to be better defined by randomized, controlled trials before a direct cause and effect of estrogen loss can be postulated ⁽³⁾. An unhealthy lifestyle has been linked not only to obesity but also to increasing cancer rates, especially lung, colon, and breast ⁽⁴⁾. These data suggest that one-third to one-half of future cancers could be avoided by encouraging people to eat healthier, not smoke, and exercise.

Most strategies used in weight loss – diet and exercise are not successful because obese people consume more calories for their energy needs and to satisfy their satiety and excitement. concentrated fats and sugars in fast foods are addictive like alcohol and nicotine. Have less proteins leading to less energy. Magnetic resonance imaging studies of the brain give us further understanding of food's addictive role ⁽⁴⁾.

Indirect contributors to midlife and menopausal weight gain

1. Limitation of physical activity due to osteoarthritis

Osteoarthritis is more prevalent in women than men after the age of 50.

Joints become stiff, swollen and painful leading to loss of range of movements and several activities are painful or not possible.

2. **Poor sleep and insomnia:** Inadequate sleep has been linked to increased appetite, less physical activity, and altered thermoregulation, which can lead to weight gain and obesity⁽⁵⁾. Correcting sleep problems in midlife and older women should have a positive impact on maintaining ideal weight. Women who are resistant to interventions for insomnia and sleep dysfunction should be encouraged to have a sleep study done.

3. **Sedentary Lifestyle:** Global industrialization from year 2000 increased sedentary lifestyle and unwanted weight gain.

In 2000, the Centres for Disease Control and Prevention (CDC) reported that 26.2% of American adults met minimal standards for acceptable activities levels.

In 2001, the CDC added lifestyle activities (eg, vacuuming, gardening, and walking) as part of physical activity and the number of adults not meeting minimal energy expenditure increased to 45.4%.

With increased awareness of problems related to obesity and availability of physical fitness in workplace physical activity has increased among adults.,

There are still approximately 27% of adults who are inactive and 70% who do not engage in exercise on a regular basis.

This is also a public health issue because physical and mental health and weight are influenced by physical activity.

4. **Calorie restriction:** Restricting calories appears to not only lower body weight and whole body and visceral fat but also improve fasting insulin levels and cardiovascular disease markers, improve the ratio of total cholesterol to high-density lipoprotein cholesterol, and decrease C-reactive protein levels. No decreases in bone density have been noted.

FOCUSPOINTS

1. Maintenance of an ideal body weight should be a priority for midlife and older women. Exercise and physical activity should be first-line interventions.

2. Counselling Midlife Women:

A hypocaloric diet - foods with low fat, salt, and sugar and high fibre is required. Discuss the addictive properties of high fat, sugar, and salt maintaining diet and exercise charts, maintaining the time schedule.

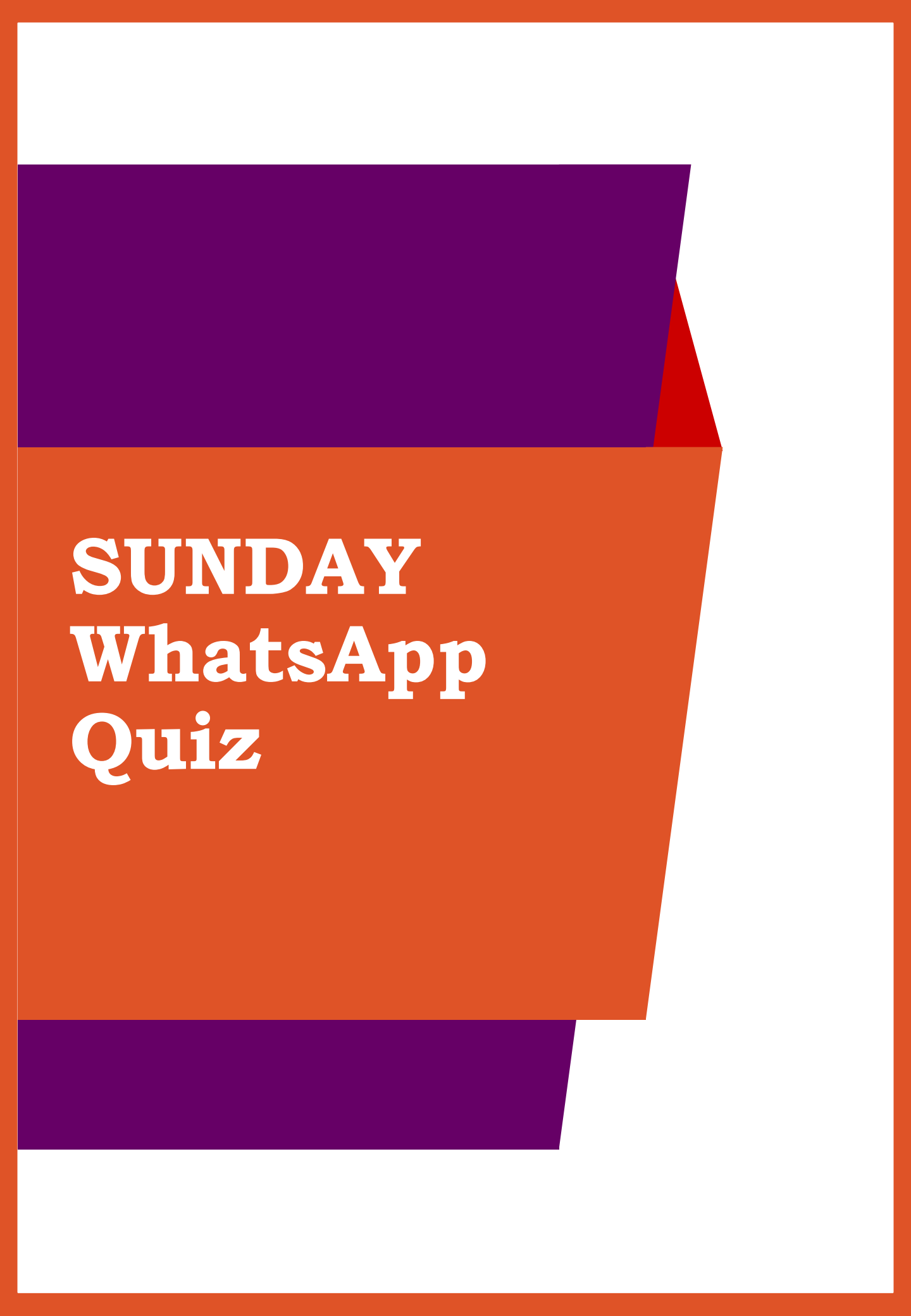
Creating awareness by health care workers about obesity, avoiding junk foods, processed foods, avoiding distractors while eating food like TV, cell phone

encouraging to eat vegetables and fruits.

3. Correcting sleep problems.
4. Maintain Blood pressure and Diabetes, annual screening and physical check-ups.

References

1. Han TS, Tahar A, Lean ME. Obesity and weight management in the elderly. Br Med Bull. 2011;97:169-196.
2. Clinical practice guidelines on Menopause 2020 page no 4.
3. Meissier V, Rabasa-Lhoret R, Barbat-Arigas S, Elisha B, Karelis AD, Aubertin-Leheudre M. Menopause and sarcopenia: a potential role for sex hormones. Maturitas. 2011;68(4):331-336.
4. Von Deneen KM, Liu Y. Obesity as an addiction: why do the obese eat more? Maturitas. 2011;68(4):342-345
5. Patel SR, Hu FB. Short sleep duration and weight gain: a systemic review. Obesity (Silver Spring). 2008;16(3):643- 653



SUNDAY **WhatsApp** **Quiz**

Sunday WhatsApp Quiz

Date: 3rd October 2021

Theme – Metabolic Syndrome and associated diseases

Choose one best answer.

Q1: Which disease is not associated with metabolic syndrome

- A) PCOS B) Endometrial cancer
C) type 1 diabetes D) Stroke

Q2: Which medication do not contribute to nonalcoholic fatty liver

- A) Tamoxifen B) Corticosteroid
C) Metformin D) Irinotecan

Q3: Leptin hormone is produced by which tissue

- A) Neuronal tissue B) Adipocytes
C) muscles D) ovary

Q4: TRUE / FALSE

Bacteria and viruses that populate our gut do not have role in metabolic syndrome and associated diseases

Q5 : TRUE / FALSE

Mitochondrial dysfunction may play as a contributor to metabolic syndrome

Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS



ANSWER SHEET

1. C: type 1 diabetes
2. C: Metformin
3. B: Adipocytes
4. False
5. True

Reference

The metabolic syndrome and associated diseases.

Toxicology sciences, vol162, issue 1, march 2018 ;pg 36- 42

Winners of WhatsApp quiz of 03/10//2021- on Metabolic Syndrome and associated diseases

Dr. Arsh
Amritsar

Dr. Arjunayan Roy
Kolkata

Dr. Usha Vikrant
Bangalore

Dr. Pammi Arora
Lucknow

Dr. Indu Singh
Bhagalpur

Dr. Savita Somalawar
Nagpur

Dr. Falguni Thakkar
Bharuch

Dr. Anandi
Patiala

Dr. Meeta Agarwal
Bhopal

Dr. Sukriti
Patna

Dr. Rashmi Bagga
Chandigarh

Dr. Aparna
Pune

Dr. Shashi Jindal
Faridabad

Dr. Mitali Tuwani
Raipur

Dr. Neeti Dogra
Gorakhpur

Dr. Jigna Ganatra
Rajkot

Dr. Anu Sidana
Gurugram

Dr. Neeta Shah
Surat

Dr. Yasmin Syed
Jaipur

Dr. Rupa Sharma
Udaipur

Dr. Chitra Gupta
Jalandhar

Dr. Ushma Maniar
Vadodara

Dr. Isha Sunil
Jammu

Sunday WhatsApp Quiz

Date: 17th October 2021

Theme – Visceral adiposity and associated facts

Choose one best answer.

Q1: Visceral Adipose tissue can be measured by

- A) waist circumference B) USG
C) CT D) All

Q2: Increased visceral fat is associated with all of the following cancers EXCEPT

- A) Colon B) Breast
C) Kidney D) Bladder

Q3: DEXA can be used to measure

- A) BMD B) Visceral adiposity
C) muscle mass D) All

Q4: TRUE / FALSE

Increased visceral fat is associated with increased CRP in cases with manifest vascular disease

Q5: TRUE / FALSE

Increased visceral fat is associated with decreased heart rate in cases with vascular disease

Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS



ANSWER SHEET

- 1 – D: All
2 – D: Breast
3 – D: All
4 – True
5 – False

Reference

- The metabolic syndrome and associated diseases. Toxicology sciences, vol162, issue 1, march 2018 ;pg 36- 42
- Increased VAT is associated with increased resting heart rate. Remy HH Bemalmans et al 2012
- FeberDR et al. atherosclerosis. 2010

Clinical importance of visceral adiposity: A critical review

Winners of WhatsApp quiz of 17/10/2021 – on Visceral adiposity and associated facts

Dr. Rajni Asthana
Ahmedabad

Dr. Shaily Agrawal
Kanpur

Dr. Pratibha Singh
Bhagalpur

Dr. Arjunayan Roy
Kolkata

Dr. Bhavna Sheth
Bharuch

Dr. Savithri Ramesh
Madurai

Dr. Meeta Agarwal
Bhopal

Dr. Vidya Sutovane
Nagpur

Dr. Poonam Loomba
Chandigarh

Dr. Sangeeta Agrawal
Patiala

Dr. Shashi Jindal
Faridabad

Dr. Priyanka
Patna

Dr. Shweta
Gorakhpur

Dr. Sushila Khunte
Raipur

Dr. Suman Bisnoi
Gurugram

Dr. Chetna Shah
Surat

Dr. Chitra Gupta
Jalandhar

Dr. Ushma Maniar
Vadodara

Dr. Preeti
Jammu

Sunday WhatsApp Quiz

Date: 7th November 2021
Theme – Diabetes and Menopause

Choose one best answer

Q1: Menopausal hormone therapy has a favourable effects on Diabetes

True/False

Q2: Oral estrogens provide a stronger improvement in insulin sensitivity than transdermal E2 at equivalent doses

True/False

Q3: Which is the preferred Menopausal hormone therapy for menopausal women with T2DM and coexistent CVD risk factors.

- A. Transdermal 17 β -estradiol
- B. Transdermal 17 β -estradiol with or without norethisterone acetate
- C. Transdermal 17 β -estradiol with or without dydrogesterone
- D. All of the above

Q4: Beneficial role of Menopausal hormone therapy on diabetes mellitus is due to all except

- A. Decreased fasting glucose
- B. Decreased insulin clearance
- C. Increase Insulin secretion
- D. Increase Insulin sensitivity

Q5: Which among the following progesterone attenuates the beneficial effect of estrogen on glucose homeostasis by increasing insulin resistance?

- A. Medroxyprogesterone acetate
- B. Levonorgestrel
- C. None of the above
- D. Both of the above.

Quiz compiled by

Dr Sunita Dubey

Member, Quiz committee, IMS



ANSWER SHEET

- 1 – True
- 2 – True
- 3 – D: All of the above
- 4 – B: Decreased insulin clearance
- 5 – D: Both of the above

Reference

Clinical Practice Guidelines on Menopause: *An Executive Summary and Recommendations: Indian Menopause Society 2019–2020

Winners of WhatsApp quiz of 07/11/2021- on Diabetes and Menopause

Dr. Usha Patel
Ahmedabad

Dr. Chitra Gupta
Jalandhar

Dr. Indu Singh
Bhagalpur

Dr. Arti Singh
Kanpur

Dr. Pragati Prajapati
Bharuch

Dr. Ambe Shah
Kolkata

Dr. Meeta Agarwal
Bhopal

Dr. Kavita Mandrelle
Ludhiana

Dr. Rashmi Bagga
Chandigarh

Dr. Santosh Godara
Patiala

Dr. Shashi Jindal
Faridabad

Dr. Subuhi Naqvi
Raipur

Dr. Reeta Singh
Gorakhpur

Dr. Varsha Prapanna
Vadodara

Dr. Vandana Narula
Gurugram

Sunday WhatsApp Quiz

Date: 21st November 2021

Theme – Diabetes and menopause

Choose one best answer

Q1: Which among the following is the Criterion to define Prediabetes?

- A. Fasting blood glucose from 100–125 mg/dL
- B. HbA1c is 5.7%–6.4%.
- C. Both A and B
- D. HbA1c is 5.6%–6.0%.

Q2: The goal in management of diabetes mellitus is to maintain the HbA1c levels is

- A. HbA1c around <7%
- B. HbA1c around <6%
- C. HbA1c around <8%
- D. HbA1c around <6.5%

Q3: The target BP for people with diabetes and albuminuria/proteinuria remains

- A. <120/80mmHg
- B. <130/80mmHg
- C. <110/70mmHg
- D. < 130/70mmHg

Q4: Approximately 40% of Indian women have Metabolic syndrome

True/False

Q5: Clinical conditions associated with Insulin resistance include Polycystic ovary syndrome (PCOS), Nonalcoholic fatty liver.

True /false

Quiz compiled by

Dr Sunita Dubey

Member, Quiz committee, IMS



ANSWER SHEET

- 1 – C: Both A and B
- 2 – A: HbA1c around <7%
- 3 – B: <130/80mmHg
- 4 – True
- 5 – True

Reference: Clinical Practice Guidelines on Menopause: *An Executive Summary and Recommendations: Indian Menopause Society 2019–2020

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

Dr. Gayatri

Agra

Dr. Chitra Gupta

Jalandhar

Dr. Vidhya Chauhan

Ahmedabad

Dr. Abhilasha

Jammu

Dr. Ratna Vijay

Bangalore

Dr. Neeraj Varyani

Kanpur

Dr. Indu Singh

Bhagalpur

Dr. Ambe Shah

Kolkata

Dr. Bhavna Sheth

Bharuch

Dr. Indulata

Lucknow

Dr. Mohini Sood

Bhopal

Dr. Kavita Mandrelle

Ludhiana

Dr. Shikha Gupta

Chandigarh

Dr. Hema Malini

Madurai

Dr. Sneha latha

Chennai

Dr. Anandi

Patiala

Dr. Shashi Jindal

Faridabad

Dr. Richa Kumari

Patna

Dr. Vikrant Agrawal

Gorakhpur

Dr. Sanjana Khemka

Raipur

Dr. Shikha Jain

Gurugram

Dr. Chetna Shah

Surat

Dr. Shubhra Singh

Jaipur

Dr. Shonali Agrawal

Vadodara

Aesthetic Health in Perimenopause – Vaginal dryness affecting quality of life A case based discussion



Dr. Ragini Agarwal

Chairperson, Aesthetic Health Committee, IMS 2021-22

Menopause is an eternal truth of women's life. It affects all aspect of her life be physical, hormonal, mental, sexual and aesthetic.

Climacteric is the period of life starting from the decline in ovarian activity until after the end of ovarian function. According to the definition, the period includes peri-menopause, menopause and post-menopause.

With aging there are changes in external appearance and intimate parts which affects women self-esteem and libido which is already decreases due to loss of hormone

Aesthetic health is an important factor for quality of life. When a woman starts aging due to loss of estrogen many changes occurs and wrinkles ,sagging, loss of elasticity are marked concerned on face , body and intimate organs. To maintain good aesthetic health sound mind and healthy body is basic criteria.

Let's discuss how women intimate parts changes physically

Menopause brings changes in collagen metabolism. Postmenopausal period is marked by low amounts of soluble collagen, slow turnover, and collagen synthesis resulting in decreased skin resilience and pliability. Externally and in intimate part.

Breast glandular tissue decreases with increased fibrous tissue.

Uterus becomes small, and muscles are partly replaced by fibrous tissue.

Vagina becomes narrower and shorter, vaginal and vulvar epithelium atrophies, and pH of vagina increases with increased chances of infection- a condition known as "vulvovaginal atrophy" .

External genitalia atrophies with loss of vulval subcutaneous fat. Epithelium of lower urinary tract atrophies, leading to increased tendency to prolapse and chances of urinary tract infection.

Loss of elasticity in Pelvic supporting ligaments contributes to prolapse and urinary incontinence .Pubic hair decreases, scalp hairs become depigmented with conversion of terminal hair to vellus hair.

Vaginal secretions are reduced, resulting in decreased lubrication. Reduced levels of estrogen also result in an increase in vaginal pH, which makes the vagina less acidic, just as it was before puberty.

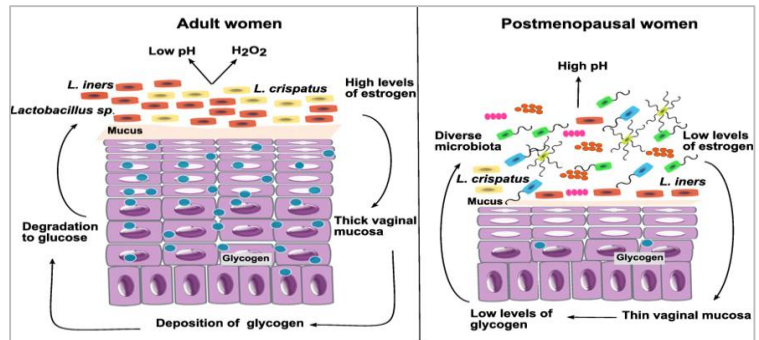
Dry, fragile vulvovaginal tissues are susceptible to injury, tearing, and bleeding during intercourse.

Case 1 Mrs X 45 yrs

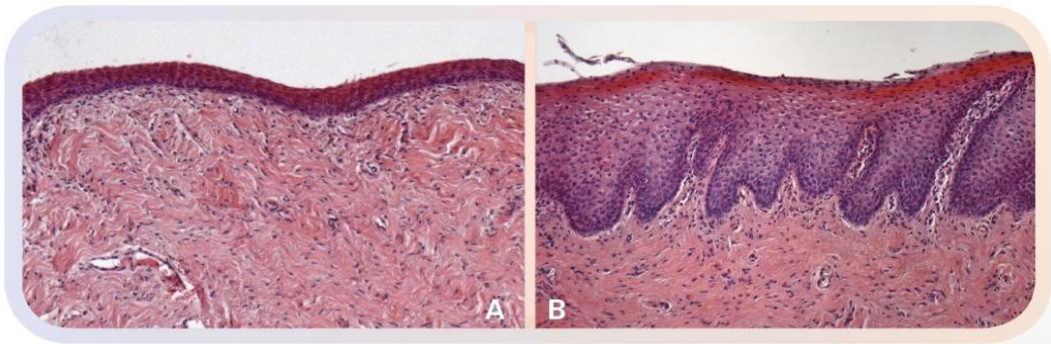
Chief Complaint: “I don’t feel like being intimate anymore. I haven’t had sex for three years. I don’t enjoy it as it’s not comfortable and I feel dry. It’s affecting our relationship. I feel embarrassed talking about it.”

Examination:

- Vaginal dryness
- Good vaginal wall support
- No lesions on the vagina/ vulva
- Normal pap smear



This patient needs vaginal rejuvenation. Tissue rejuvenation is ability to make a tissue functionally younger

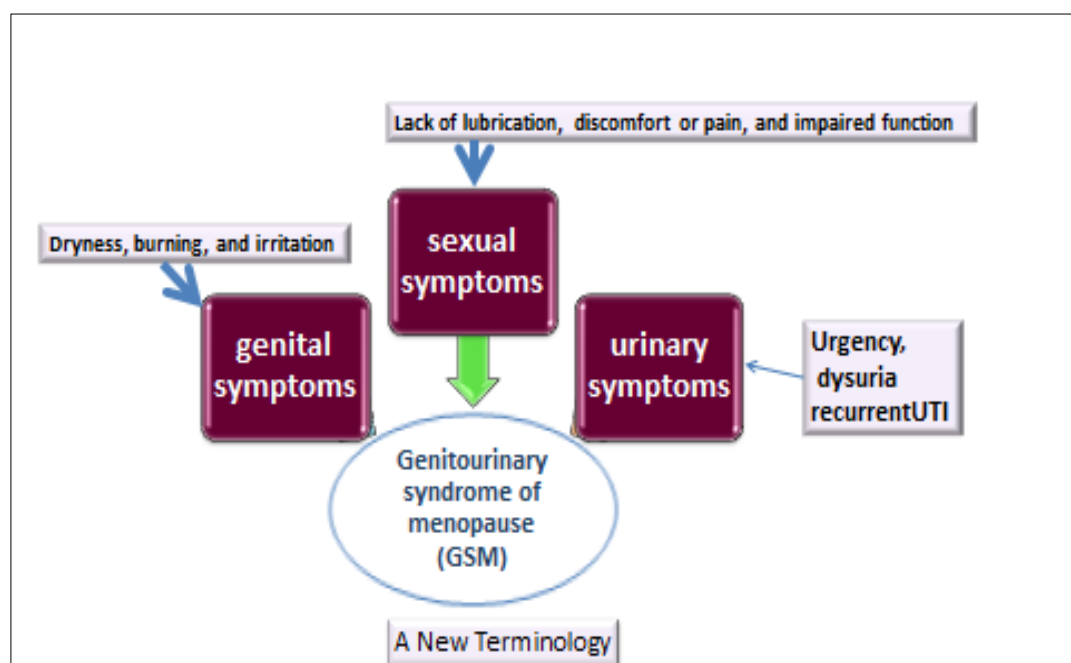


Microscopic Pictures of the Vaginal Tissue Before and After CO2 LASER (MonaLisa Touch Laser) Treatment

The condition of hypoestrogenism related to menopause has a strong negative impact on vaginal and urinary health, often leading to a condition called genitourinary syndrome (GSM)

Unlike other menopausal symptoms, VVA is a chronic condition that tends to worsen throughout the years after menopause. It therefore requires prompt and long-term therapy to achieve good results and to avoid the recurrence of symptoms when treatment is stopped.

GSM is associated with genital signs and symptoms such as dryness, burning, irritation, and sexual symptoms such as discomfort or pain, and impaired sexual function. VVA affects most peri- and postmenopausal women with a prevalence ranging from 36% to almost 90%, according to the most recent surveys



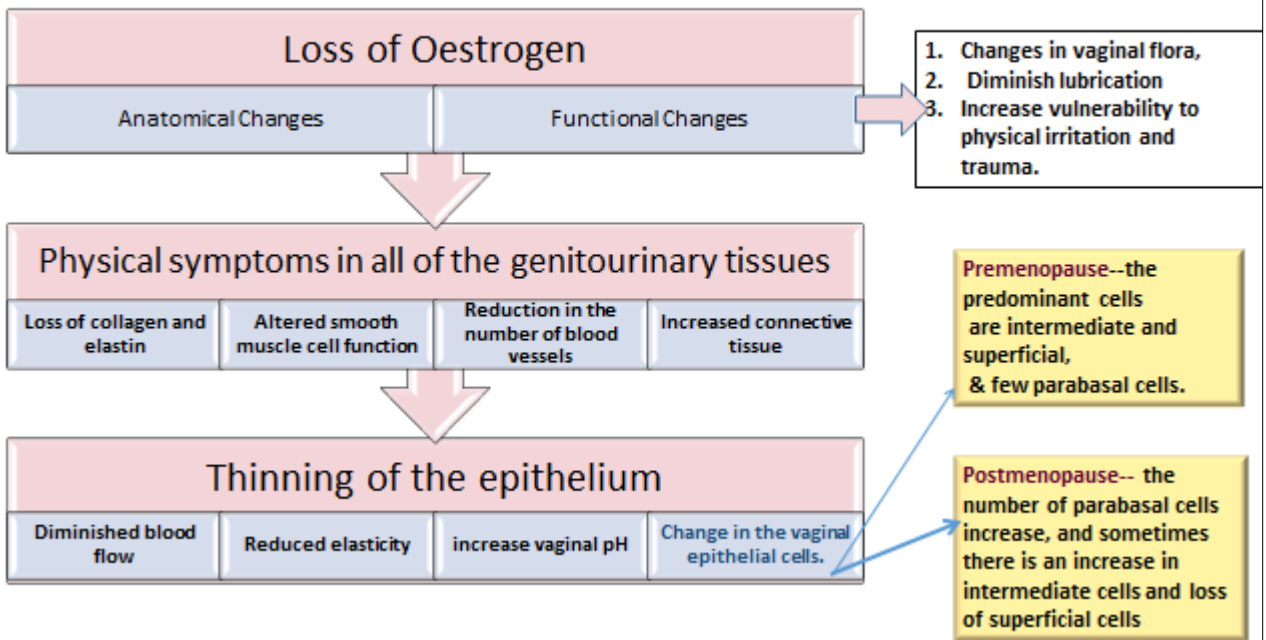
Vaginal Atrophy

The Demand

- Urogenital atrophy is the only symptom that **all menopausal women will experience at some point** [3]
- Less than half of all women undergoing menopause with vaginal atrophy symptoms are receiving treatment [1]
- Symptoms associated with vulvovaginal atrophy (VVA), such as lack of lubrication and pain with intercourse, affect 20% to 45% of midlife and older women. [1,2]
- Over time VVA can be progressive and less likely to resolve without intervention. It can have a significant effect on a woman's sexual health and quality of life



Pathophysiology and anatomical changes

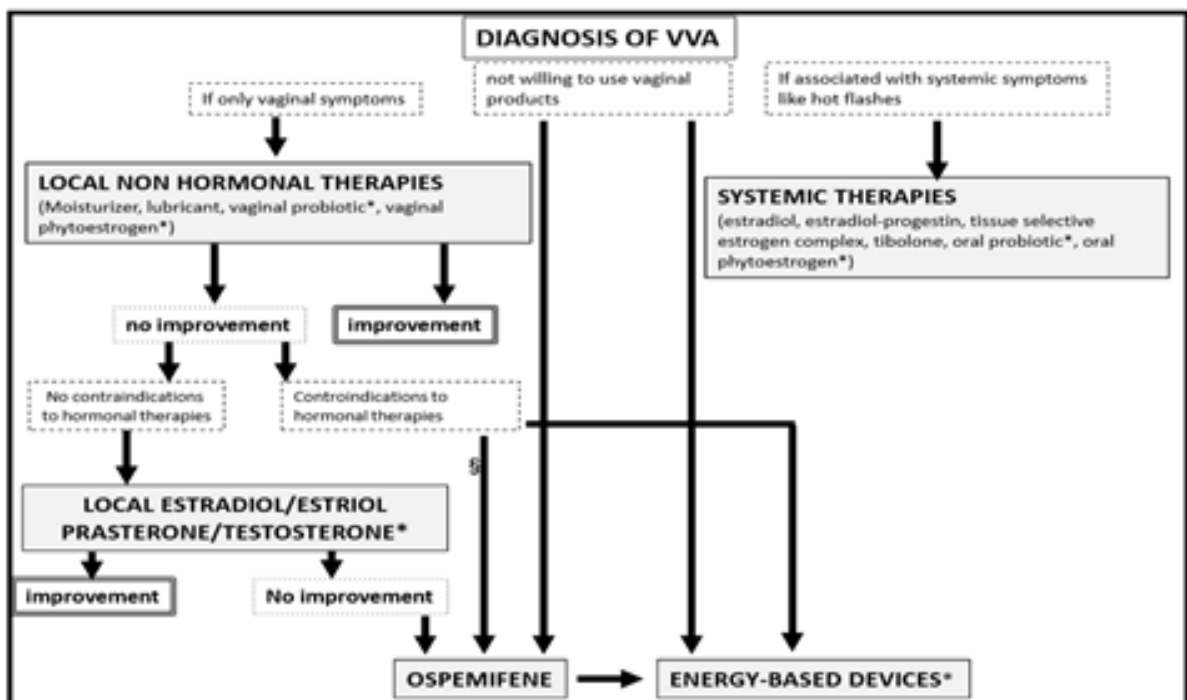


Diagnosis of VVA ---The Vaginal Maturation index

The VMI indicates the degree of tissue maturation, measuring the percentage of superficial, intermediate, and parabasal cells.

The maturation value (MV) is calculated with the following formula:

$$MV = \% \text{ surface cells} + (0.5 \times \% \text{ intermediate cells})$$



Treatment for Vaginal dryness/atrophy

Considering that women spend a third of their life in menopause, it is essential to recognize GSM in order to restore the vaginal and vulvar epithelium and ultimately improve quality of life.

When genitourinary symptoms dominate, local therapy is sufficient. This approach is not associated with systemic effects and requires no progestin for endometrial protection.

Newer treatments

- 1) **Selective estrogen receptor modulators** (SERMs; eg, ospemifene) for vulvovaginal atrophy and dyspareunia

Ospemifene is the only selective estrogen receptor modulator (SERM) to be indicated for the treatment of VVA.

It has been approved by the U.S. FDA for the treatment of moderate to severe dyspareunia and by the EMA

It exerts a positive effect on the vaginal epithelium while having, at the same time, a **neutral or minimal effect on the other estrogen-dependent organs** like endometrium and the cardiovascular system, & an anti-estrogenic effect on breast.

Dose ----- 60 mg daily

The efficacy of ospemifene at a histological level in both vaginal and vulvar tissue has been demonstrated by observing increases in vaginal and vulvar epithelial thickness, glycogen content, proliferation index, and an increase in vaginal estrogen receptor alpha (ER α) in 4 wks to 12 wks.

Ospemifene has also been shown to improve atrophy of the vulvar vestibule and to normalize vestibular sensitivity by increasing the perception threshold at a vulvar level & shown to increase ratio type I and type III collagen at the vaginal level, suggesting possible beneficial long-term effects on vaginal connective tissue

Contra-indications

1. A Current Or Previous Thromboembolic Event
2. Vaginal Bleeding Of Unknown Origin,
3. Presence Of Signs Or Symptoms Of Endometrial Hyperplasia,
4. Malignant Tumor Dependent On Sex Hormones, And
5. Ongoing Breast Carcinoma

The EMA has also approved its administration in women with a previous breast cancer after the completion of treatment including adjuvant therapy and after performance of a control mammogram

2) DHEA(**androgens**) to increase epithelial thickness and secretions (Local use)

It acts as a precursor of intracellular sex steroid androgens and estrogens.

Since the conversion happens inside the cells, serum estradiol remains within the normal values for postmenopausal women, thereby probably avoiding the risk of systemic effects

Daily intravaginal prasterone (6.5 mg)

The **endometrium** is not affected by DHEA because the enzymes required to transform DHEA into estrogens are absent in the endometrium.

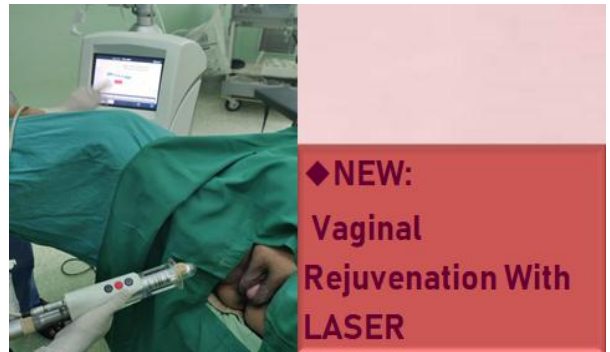
Although no systemic increase of estrogen level has been reported, a history of breast cancer remains a contraindication

3) **Laser therapy, which has been shown to improve elasticity, vascularity, and epithelial proliferation**

Treatment Using Energy-Based Devices

The most widely used are

- Fractional microablative CO2 laser
- Non-ablative photothermal erbium: yttrium aluminum garnet (YAG) laser
- Radiofrequency (RF)-based energy devices



Mechanism OF ACTION

Laser or RF waves act by heating the connective tissue of the vaginal wall to 40 °C to 42 °C.

They induce Collagen Contraction, Neocollagenesis, Vascularization, & Growth Factor Infiltration that ultimately revitalizes and restores the elasticity and moisture of the vaginal mucosa.

The proposed mechanism is the activation of heat shock proteins and tissue growth factors to stimulate new collagen synthesis and epithelial remodeling

Laser Therapy

The efficacy of laser therapy in the treatment of VVA has been suggested by the improvement of GSM symptoms, VHI scores, and female sexual function index (FSFI)

FDA in 2018 to warn against the indiscriminate marketing of laser treatments

Advantages

The added advantage of using EBD in post-cancer treated patients following Radiotherapy, or for breast cancer survivors wherein hormone therapy is contraindicated cannot be undermined

- 1. Minimally invasive, virtually painless procedure
- 2. Gentle treatment for controlled safety and accuracy
- 3. Maximum precision with CO2 laser, the right wavelength and perfect pulse
- 4. Fast and efficient delivery of fractionated laser energy split into micro pixels
- 5. No post treatment downtime
- 6. Excellent patient satisfaction and long term success

Mechanism of Action

The Action Process Has Three Phases:

Phase I Within 48-72 hr.	Early thermal effect	Edema Release of chemical mediators Shrinkage of collagen and elastic fibers
Phase II In the following 30 days	Proliferation	Fibroblastic recruiting New extracellular matrix New collagen fibers
Phase III After 30- 40 days	Remodelling	Mature collagen fibers Increase of collagen fiber strain Neovascularization: new blood vessel formation Improved lubrication, pH (acidity)

Treatment Protocol

- Office Procedure
- No Anesthesia
- 2-3 Passes of Entire Vaginal Canal
- 3 Sessions
- 1 Month Interval
- 1 Memory Session After 1 Year
- May Repeat Full Course After 2 Years
- **In conclusion Atrophic changes of the vulva, vagina and lower urinary tract can have a large impact on the quality of life of the menopausal woman.**

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- <https://www.menopause.org>
- Bachmann G. Urogenital ageing: an old problem newly recognized. Maturitas. 1995;Suppl. 1:S1–5.
- Calleja-Agius J, Brincat MP. The urogenital system and the menopause. Climacteric. 2015;18 Suppl 1:18-22.

The image features a bold, abstract graphic design. It consists of several overlapping geometric shapes: a large purple rectangle at the top left, a large orange rectangle below it, and a smaller red triangle to the right of the purple one. The text "Local Society Activities" is written in a white, serif font, centered within the orange rectangle. The entire design is set against a white background, which is framed by a thick orange border.

Local Society Activities

Ahmedabad Menopause Society

[View event as a poster or download as a poster to display on January 1st](#)

World Menopause Day Celebration

Indian Menopause Society

18TH OCTOBER 2021

3:30 pm to 5:30 pm

[CLICK HERE TO REGISTER](#)

CONVENEES

Dr. Jagdish Shah
Pres. President, IMS

Dr. Anita Shah
Pres. Secretary, IMS

CHIEF GUEST

Dr. Anilgo
President, IMS 2020-22

GUEST OF HONOUR

Dr. Saffra Sharma
Secretary, IMS 2020-22

Dr. Pooja Sethi
Vice President, IMS 2020-22

Dr. Shobhana Mahadevi
President Emerita, IMS 2019-22

Topic: PREMATURE OVARIAN INSUFFICIENCY

CHAIRPERSONS

Dr. Anita Bharti
President,
Menopause Society Surin

Dr. Nitig Jodav
Vice President,
Bhutan Menopause Society

Dr. L. R. Gold
President,
Bharat Menopause Society

Dr. Sushma R. Bhat
Chairperson, Family &
Ageing Committee, IMS

Topic: MHT – CURRENT CONCEPT

CHAIRPERSONS

Dr. Dilip Gadhavi
President,
All-India
Menopausal Association

Dr. Pallavi Sankar
Secretary,
Menopause Society
Vadodra

Dr. Hira Popat
Secretary,
Bhutan
Menopause Society

Dr. Prakash Bhatt
Pres. President,
SOCS

PANEL DISCUSSION – VULVAL LESIONS

EXPERTS

Dr. Anil Murali
Pres. President,
IMS

Dr. Jayati Shah
Secretary,
IMS

Dr. Jyotsna Chaudhari
President, All-India
Menopause Society

Dr. Binod Shah
President,
Menopause Society Vadodra

PANELIST

Dr. Anil Mehra
President, Bhutan
Menopause Society

Dr. Tejpal Shah
MD, OB/GYN,
Surin

Dr. K. Chakraborty
MD, OB/GYN,
Bharat

Dr. Jayashree Sethi
MD, OB/GYN,
All-India

Dr. Bhavna Sethi
MD, OB/GYN,
Bharat

Dr. Harish Shah
MD, OB/GYN,
Vadodra

OFFICE BEARERS

All-India Menopause Society

- Dr. Jyotsna Chaudhari, President
- Dr. Mahesh Pandey, Secretary

Bharat Menopause Society

- Dr. L. R. Gold, President
- Dr. Pooja Sharma, Secretary

Bhutan Menopause Society

- Dr. Anil Mehra, President
- Dr. Hira Popat, Secretary

Menopause Society Surin

- Dr. Anita Bharti, President
- Dr. Rajpal Shah, Secretary

Menopause Society Vadodra

- Dr. Binod Shah, President
- Dr. Pallavi Sankar, Secretary

Bangalore Menopause Society

BMD SCREENING AT KCG HOSPITAL – 27TH OCTOBER 2021

About 150 women were screened



28TH October 2021

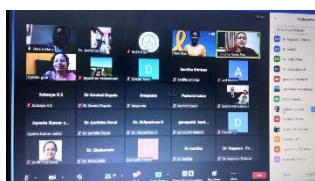
Obesity in Menopause – Is it an unfortunate inevitability?

There were about 42 participation .

Dr. Sheela Mane spoke on Update on Iron Therapy for Anemia

Dr. Ganapathi Bantwal, Endocrinologist spoke on Management of the obese Menopausal women

An interaction session was conducted by Dr. Shobha Gudi on Challenges of Gynaec surgeries, MHT, Exercise and weight reduction in obese . Dr. Ganapathi, Dr. Rani Bhat, Dr. Shubha Rama Rao and Dr. Aarthi Prasad, Physiotherapist were responders.



BENGALURU MENOPAUSE SOCIETY

28th October 2021, 4.00 – 6.00 pm

ON THE OCCASION OF WORLD MENOPAUSE DAY

Presents

Obesity in menopause - is it an unfortunate inevitability?

Dr. Sheela Mane
President BMS

Dr. Shobha Gudi
Hon. Secretary BMS

Dr. Shubha Rama Rao
Hon. Treasurer BMS

Dr. Ambuja G.
President BMS

Dr. Ganapathi Bantwal
Endocrinologist

Dr. Sundari N.
Physiotherapist BMS

Dr. Aarthi G S.
Physiotherapist

Dr. Rani Bhat
Hon. Secretary BMS

Dr. Hepthulab K.
Hon. Secretary BMS

Dr. Aarthi Prasad
Physiotherapist

TIME	TOPICS	FACULTY
4.00 pm	Welcome Address	Dr. Sheela V Mane
4.05 pm	Message by President BMS	
4.10 - 5.00 pm	Session - 1	
4.10 - 4.30 pm	Update on Iron Therapy for Anemia	Chairpersons: Dr. Sundari N Dr. Jyothi G S
4.30 - 4.50 pm	Management of the Obese Menopausal women	Dr. Sheela Mane Dr. Ganapathi Bantwal
4.50 - 5.00 pm	Q & A	
5.00 - 6.00 pm	Session 2 Interaction on challenges of gynaec surgeries, MHT, exercise and weight reduction in obese, conducted by Dr. Shobha N Gudi	Responders: Dr. Ganapathi Bantwal Dr. Rani Bhat Dr. Hepthulab K Dr. Shubha Rama Rao Dr. Aarthi Prasad
6.00 pm	Vote of Thanks	Dr. Shubha Rama Rao

Join Zoom Meeting: <https://bmscapital.zoom.us/j/99119626792> Meeting ID: 991 1962 6792 Password: 0404121

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Bangalore Menopause Society

23rd November 2021 – Cardiac Disease in Menopausal Women

BENGALURU MENOPAUSE SOCIETY
Presents
Matters of the Heart
(Focus on Cardiac disease in Menopausal women)
23rd November (Tuesday) | 4.00 - 6.00 PM

Chief Guest
Dr. Sudha Sharma
Secretary General IMS

BMS Office Bearers
Dr. Sheela Mane
President BMS
Dr. Shobha Gudi
Hon. Secretary BMS
Dr. Shobha Rama Rao
Hon. Treasurer BMS

Session I
Prevention & early diagnosis of cardiac illness in menopausal women

Chairpersons
Dr. Hemant Narganjan
EC Member, BMS
Dr. K. V. Mahesh
Prof. ABMC Bangalore

Speakers
Dr. Keshava B
Director Cardiology
Forts Corporation Ltd

Session II
Life Style modification to prevent cardiac disease - Everyday is an opportunity

Moderator
Dr. Shobha Gudi
Hon. Secretary BMS

Panelists
Dr. N Sundar
Vice president BMS
Dr. Nirmala Markandeya
Consultant Dermatologist
& Haircare Trainer
Dr. Nishal Prasad
Founder Secretary BMS
Dr. S. S. Iyengar
Senior cardiologist
Nagar Hospital Bangalore

There were about 54 participation .
Dr. Sudha Sharma was the chief Guest

Dr. Keshav, Cardiologist spoke on
Prevention and early diagnosis of cardiac
illness in menopausal women

Dr. Sheela Mane briefed on setting
context of CLUB 35 commitment

An interaction session was conducted
by Dr. Shobha Gudi on Life style
modification to prevent cardiac disease
. Dr. Sundari, Dr. Mohini Prasad, Dr.
Nirmala Markandeya, dermatologist,
Dr. S S Iyengar, cardiologist were the
responders.



24TH November 2021 expert Insights – novel Non-Hormonal Management option for Menopausal symptoms

MEN@PAUSE

Expert Insights

Topic:

Novel non-hormonal management option
for Menopausal symptoms

**BLOCK
YOUR
DATE
AND
TIME**
24th Nov, 2021
Wednesday
07:00 to 08:00 PM



Speaker
Dr. Sheela Mane
MBBS, MD, FICOG, FICMCH
President
Bangalore Menopause Society

Moderator
Dr. Reshma Parekar
Medical advisor
Lupin Ltd.

About 280 members
attended.
The session was
interesting with lots of
interactions.

Register at: https://swarnimtouch.com/Menopause_Novel_Treatment/

Makers of
Estrocase | **PHQENIX**



Bhopal Menopause Society

Physical CME on 17th October 2021:

- Ovarian Masses in Perimenopause by
- Dr. Dr Shradha Agrawal
- Diagnosing and Classifying Ovarian Masses by Dr Somya Dwivedi Attended by 70 Participants

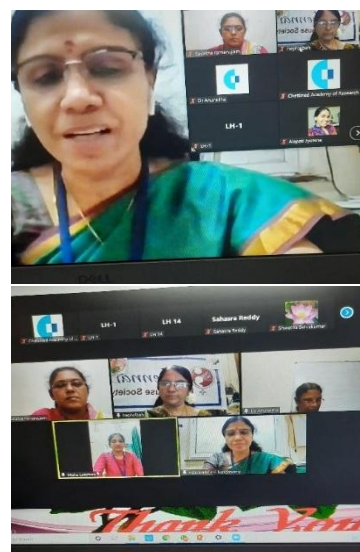


Chennai Menopause Society

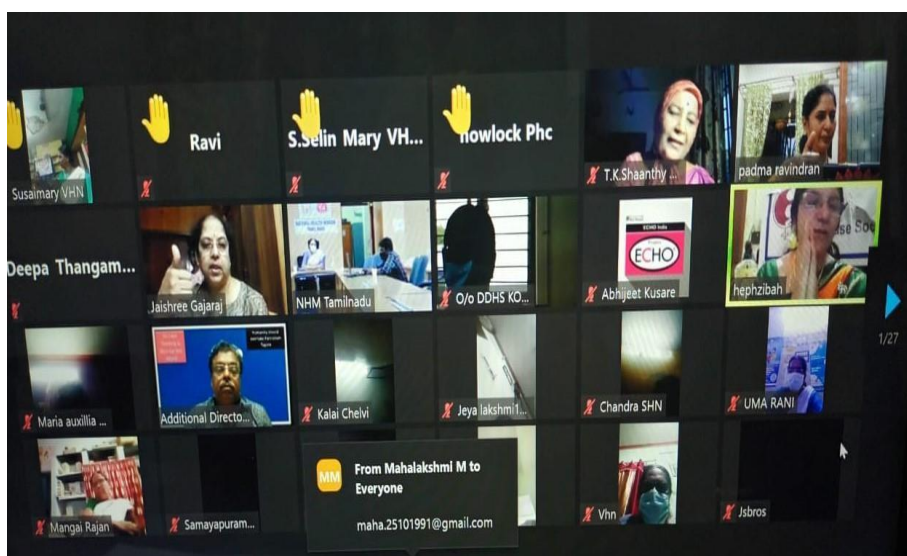
11th October – CME, “Fit at Forty” along with Tiruvanamalai OG society. Well attended with guests from the IMS Dr Ambuja, Dr Anita, Dr Sudha Sharma. It was an interesting session, where non medical issues of menopause were also discussed such as Nutrition. Life style modifications and financial stability at midlife.



16th October, along with Chettinad Medical college CME on Menopause Basics & Beyond



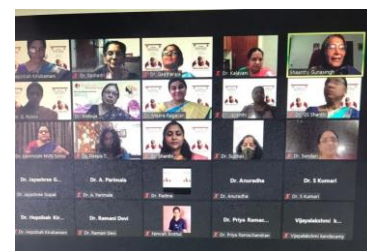
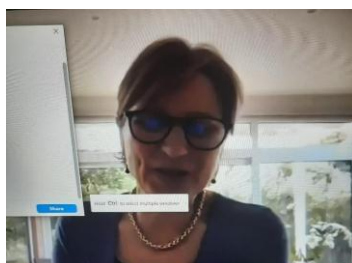
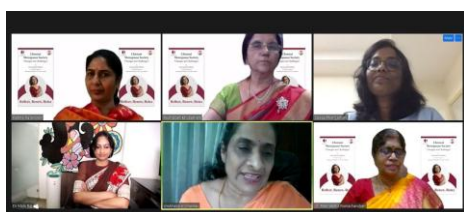
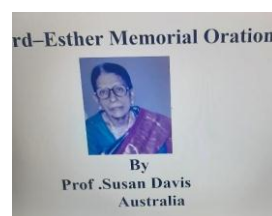
18th October, on World Menopause day, CMS conducted awareness program for nearly 1000 Tamilnadu PHC doctors, across the state on virtual platform, in association with National Health Mission. The guest of honour, was the Director of Public Health Dr Somasundaram



Chennai Menopause Society

- On 20th October, the World Osteoporosis day, CMS along with the Ortho department of Rajiv Gandhi General Hospital, conducted the CME on Osteoporosis. Topics discussed were Postmenopausal Osteoporosis and fracture prevention & management
- 23rd & 24th International Online Annual Conference of CMS (Webinar), along with Saveetha Medical College. This was preceded by Poster presentations on 22nd October
- On the 23rd October, two pre-congress workshops were held. Live workshop on Office Hysteroscopy from 8.30am to 1.30 pm, inaugurated by Dr Ambuja. This included talks and a live relay from Tanvir Hospital Hyderabad. From 2 pm to 5.30 pm, Workshop on Cosmesis in Midlife was conducted, which was inaugurated by Dr Shobana Mohandas
- On Sunday the 24th the International webinar was conducted from 9.00 am to 5.30 pm along with Saveetha Medical College. The international faculty included, Prof. Sergio Haimovich-Spain, Prof. Zinnat Nasreen – Bangladesh, Dr Vik Khullar – UK, Dr. Shrilekha – USA & Dr Red Alinsod – USA. Key note address was delivered by Dr Jaideep Malhotra and The Esther Memorial Oration by Prof. Susan Davies from, Australia – Past President of International Menopause Society.

The webinar inauguration was graced by Dr Kanimozhi Somu, MP, along with the guests of honor Dr Darez Ahmed, IAS and Dr C Ambuja, President IMS. The CMS souvenir and the newsletter were released at the inaugural function



Delhi Menopause Society

Successfully conducted scientific session on the event of World Menopause Day
Date : 20th Oct 2021

Chairperson: Dr Meenakshi Ahuja, President IMS Delhi Chapter

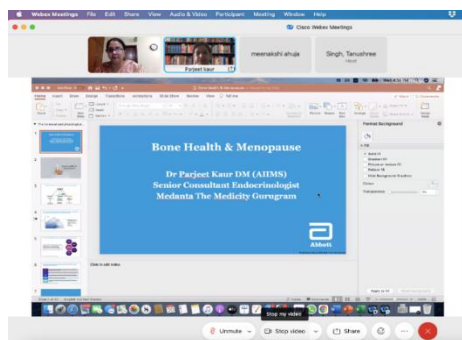
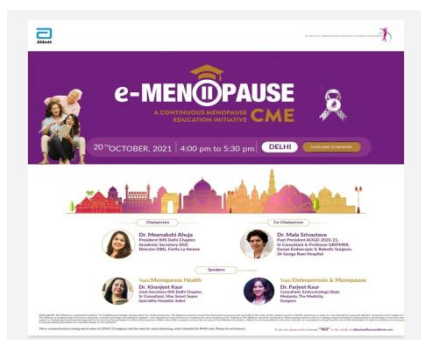
Co-Chairperson: Dr Mala Srivastava, Past President, AOGD-2020-21

Speaker: Dr Kiranjeet Kaur, Joint Secretary IMS Delhi chapter

Topic : Menopause Health

Speaker: Dr Parjeet Kaur, Consultant Endocrinologist: Medanata Medicity

Topic : Bone health and Menopause



Successful Web Cme conducted by IMS Delhi chapter in association with DMA on **26th October 2021** on the occasion of World Menopause Day. The Guest of Honour Dr Maninder Ahuja, past President IMS and Dr GS Grewal, President DMA shared their pearls of wisdom. Speakers Dr Jyoti Bhaskar (Secretary IMS Delhi chapter) , Dr Meenakshi Ahuja (President IMS Delhi chapter) and Dr Renuka Malik (VP IMS Delhi chapter) made the session interesting by busting the myths around menopause, Menopausal Hormone Therapy and Osteoporosis. The session was handled amicably anchored by Dr Kiranjeet Kaur, Joint secretary IMS Delhi chapter and was concluded by Dr Priti Dhamija, Treasurer IMS Delhi chapter.



Delhi Menopause Society

PUBLIC FORUMS (October-November'21)

IMS Delhi chapter successfully conducted **Facebook lives** on #World Menopause Day #, spreading general awareness on menopause health, busting myths related to Menopause, the evils and perils of Osteoporosis and how to stay “Fit at forty, Strong at sixty and Independent at Eighty”. A heart to heart chat on what women and their bodies need and want at Menopause.

Also a **Quiz on menopause, Meno-Q**, was conducted by ABVIMS and RML hospital. Dr Renuka Malik, Vice President IMS Delhi chapter was the Convenor of this event

On the occasion of World Menopause Day, FORTIS LA FEMME collaborates with INDIAN MENOPAUSE SOCIETY (IMS) Delhi

TOPIC – MENOPAUSE HEALTH: WHAT WOMEN NEED & WANT

DR. MEENAKSHI AHUJA
Director - Fortis La Femme
President - IMS Delhi

DR. PRITI DHAMIJA
Treasurer - IMS Delhi

DATE: MONDAY, 18th OCTOBER 2021 | TIME: 4:00 PM ONWARDS

f LIVE

Topic: **Handling Menopause.**

Dr. JYOTI BHASKAR
MD, MRCOG, FICOG - Obstetrics & Gynecology
Secretary Delhi Chapter of Indian Menopausal Society
Indirapuram

Date: Tue 21st Oct, 2021 | Time: 04:30 pm to 5pm
www.apollocradle.com

Indian Menopause Society

Oct 30 at 3 PM **f youtu LIVE**

BONE HEALTH IN MENOPAUSE: CAN HORMONES SAVE YOU?

IN CONVERSATION WITH

Dr. Vikas J Seth
Senior Consultant, Orthopedics

Dr. Priti Arora Dhamija
Obstetrician- Gynecologist

Dr. A Silviya Irene
Consultant, Endocrinology

OCTOBER 31 **MENO-Q** Hosted by DEPTT OF OB-GYN, ABVIMS & RML

MENO-Q SERIES-2 QUIZ IN MENOPAUSE

CONVENER: **Dr. RENUKA MALIK**
Dr. ASHOK KUMAR

QUIZ MASTERS: **Dr. JAYA CHAWLA**
Dr. DURGESH

TIMING: 4-4:40pm, ON
ZOOM, 31 oct, 2021

Gorakhpur Menopause Society

- **Many Members of Gorakhpur Menopause Society attended IMSCON 2021 at Varanasi as delegates & as faculty**
- **Dr. Reena Srivastava , Dr.Surheeta Kareem, Dr. Madhu Gulati, Dr. Sadhana Gupta, & Dr. Amrita Sarkari Jaipuriar.**
- **The General body Meeting was also attended by the members.**



Cervical Cancer Screening programme was done by Dr. Amrita Sarkari Jaipuria with the help of Lal Pathology at subsidized rate for Menopausal Women on 5th, 6th & 7 October 2021



The First Menopause Clinic was inaugurated at Gorakhpur on 21.11.2021.

The Gorakhpur Menopause Society under the leadership of Dr. Reena Srivastava (Patron) and Dr. Surheeta Kareem (President) has decided to have many Menopause Clinics in the city.

The first clinic was inaugurated at Star Hospital, Gorakhpur.

On this occasion the office bearers of Gorakhpur Menopause Society were present. Dr. Reena Srivastava, Dr. Surheeta Kareem, Dr. Madhubala Sharma, Dr. Amrita Sarkari Jaipurian , Dr. Meenakshi Gupta and Dr. Geeta Gupta addressed the patients .

Director of The Star Hospital, Dr. Wijahat Kareem congratulated the society for this thought and step. The patients were informed about the importance of regular exercises, diet restrictions and health checkups. Problems of Obesity , Osteoprosis, Osteoarthritis and Genito Urinary Syndrome were addressed. Patients interacted and asked questions about their health issues.

They were also asking about the timings and dates of the doctors in the clinic. The enthusiasm of the patients reflected the need of many more such clinics in the city.



Gorakhpur Menopause Society

The Gorakhpur Menopause Society organised a meeting on the theme,

“Love for Bones”

Date: 26th October 2021, Tuesday

Time : 7 PM onwards

Venue: Hotel Clark's Grand

It was attended by approximately 50 doctors.

There were two talks and a panel discussion.

Topic 1: Secondary Osteoporosis

Speaker: Dr. Neeti Dogra

Chairpersons: Dr. Radha Jina

Dr. Geeta Gupta

Topic 2: Treatment Options for Osteoporosis in Menopause

Speaker: Dr. Amrita Sarkari Jaipuria

Chairpersons: Dr. Babita Shukla

Dr. Reeta Singh

Panel Discussion:

Topic: Bone health in Menopause

Moderator: Dr. Reena Srivastava

Panelists: Dr. Deepti Chaturvedi

Dr. Tanu Verma

Dr. Vikrant Agrawal

Dr. Preeti Bala

Dr. Neeti Dogra

Dr. Chhavi Sarkari

Dr. Garima

This meeting was attended by Gynaecologists in good number and few orthopaedic surgeons and radiologists were also present. It was a great academic feast with brilliant interactions and discussions.



Gurugram Menopause Society

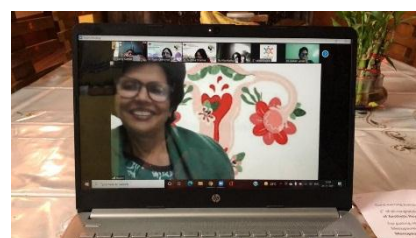
- Under the Aegis of Dr Ambuja and Dr Sudha sharma , Gurugram menopause society along with Club 35 organised a CME and Camp on BMD , BMI and Zumba 28 October



- CME on recent advances in contraceptions at peri menopause Gurugram menopause society on 23 November



- Wonderful CME by Aesthetic health committee IMS , club 35 , and IACDG in association with Gurugram menopause society yesterday
- Congratulations to Dr Ambuja ma'am Dr Sudha Sharma and Dr Ragini Agarwal



Guwahati Menopause Society

- 18 Oct - World Menopause Day celebrated in various centres. In Dr Kalicharan Das nursing home, a free BMD camp was organised which was attended by approximately 25-30 patients. Free medicines were distributed.
- Awareness programmes on TV on menopausal health was attended by our senior doctors, Dr Nilakshi Phukan Kumar, Dr Mamta B Sarma and Dr Mridusmita Das.
- 12 nov -A cervical cancer screening programme was conducted in Gauhati Medical College under IMS.
- Regular OPD 's are conducted in ESIC hospital in the Menopausal clinic set up there.

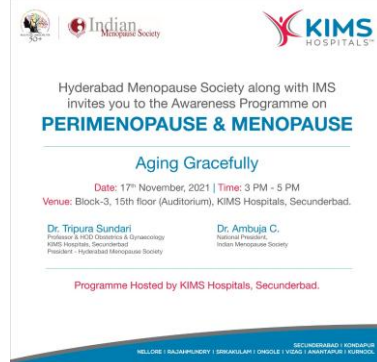
Hyderabad Menopause Society

OCTOBER-

- Hyderabad Menopause Society conducted many awareness programs .
- Dr. Prabhavati, Dr. Lakshmi Ratna, Dr Jamuna Devi. Dr. Sandhya deekshi and Dr. Tripura sundari conducted various Menopause awareness programs.
- ATTENDED by many medical and non medical perimenopausal and menopausal women. Awareness programe at kims atteded by morethan 450 prople.
- "Let's Talk Menopause" is an awareness session hosted by Yashoda Hospitals in association with Hyderabad Menopause Society on October 27th from 4pm to 6pm in the Secunderabad favor at the Auditorium on the 9th floor. Our eminent experts will discuss and share valuable insights on the Menopause Dynamic and its management.

NOVEMBER-

- Dr. Tripura Sundari attended srilanka, SAFOMS conference.
- Delivered lecture on HEALTHY MENTAL AGING. Dr. Ambuja spoke on EPIGENITICS OF AGING.



Hyderabad Menopause Society



A Super Speciality Unit

Cordially invites you to CME

Hyderabad Menopause Society is celebrating the menopause month and conducting a CME under the aegis of Indian Menopause Society

CME on Menopause

5 minute recap of 5 phases of women's life.

On 30 Oct 2021, From 1 PM to 4 PM
(lunch followed by CME)

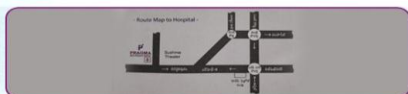
Speakers

- Dr. Ambuja - National President Indian Menopause society
- Dr. Tripura - State President of Hyderabad Menopause society
- Dr. Laxmi Ratna - General secretary IMS
- Dr. Jayanthi - Director J S Hospital, Vanasthalipuram
- Dr. Sadhvi - Director Vijaya Hospital, Dilsukhnagar
- Dr. Karthik - Consultant Orthopaedic Surgeon, Pragma hospital

venue: Vamsi Pragma Hospital, Hyderabad.

5-4-1691, P.No. 4, Sushma Sai Nagar, Beside Sub Registrar Office, Vanasthalipuram,

For Assistance Call: 8886573439 (K.Srinivas)



Indian Menopause Society



Club 35 plus & Hyderabad Menopause Society in Collaboration with FPAI

Dr. C. Ambuja

President, FPAI
Indian Menopause Society

Dr. Tripura Sundari

President
Hyderabad Menopause Society



Jabalpur Menopause Society

GARBA EVES – SHE TALKS

Date : 5th Oct 2021
Venue : Hotel Gulzar Tower, Nagpur Road Jabalpur
Topic : Garba Mahotsava with She Talks
Summary : Garba Festival organized by Jabalpur Menopause Society on the occasion of Navratri for JMS & Club 35+ members. On this occasion, a speech was given by the doctors on She Talks. Club 35+ members performed dandiyas along with doctors. The program ended with all the tea and snacks.
 Aprox 100 members participated.



TRIBUTE TO CORONA WARRIORS

Date : 7th Oct 2021
Venue : Prajapati Brhmakumaries Bhawan
Topic : Tribute to Corona Warriors -Pitra Moksha Amavasya Celebration
Summary : Jabalpur Menopause Society association with Ishwarlya Prjapati Brhmakumaries pays tribute to the deceased on the occasion of Pitramox Amavasya.
 On Pitramoksh Amavasya its time to remember those who left us for heaven, we organized a prayer meeting in Brahmakumari Ashram done meditation and pray for their peaceful life ahead
 In this occasion B Bhawna Behan ji, Dr Prof. Shashi Khare, Dr Pushpa Pandey, Dr Pragya Dhirawani, Nisha Sahu, Dr Richa Baharani, IMA President Dr Deepak Sahu & Dr Nidhi Jain were present



MENOPAUSE DAY CELEBRATION JABALPUR HOSPITAL & RESEARCH CENTRE

Date : 18th Oct 2021
Venue : Jabalpur Hospital & Research Centre
Topic : Menopause Day Celebration
Summary : Jabalpur Hospital and Research Center organised a public education program on the occasion of world Menopause Day on 18th Oct 2021 in the premises of the hospital for the women present including the staff and Patients. It was attended by around 30 people and the entire department of Obgyn participated.
 Dr Pragya Dhirawani spoke on the general awareness about the women's health Menopause
 Dr Sangeeta Shrivastava spoke about bone health in particular
 Dr Richa baharani spoke about Mental health in Menopause
 Dr Archana Shrivastava delivered vote of thanks
 Dr Priya duggal, dr Richa Chaturvedi, Dr Richa Dhirawani attended the meeting .



MENOPAUSE DAY CELEBRATION AANAT MULTI SUPERSPECIALITY HOSPITAL, WRIGHT TOWN

Dr Manik Pansey organized a awareness programme at their hospital for Paramedical Nursing stop. She explained about common signs and symptoms and three stages of Menopause



MENOPAUSE DAY CELEBRATION MANNUL TRUST HOSPITAL, DIXITPURA



Dr Sulekha Dewani has Conducted Awareness programme
 MJ T Hospital Menopause n Bone Health, Carcinomas in Menopausal age group

Jabalpur Menopause Society

MENOPAUSE DAY CELEBRATION NAIK NURSING HOME, GOLE BAZAR



MENOPAUSE DAY CELEBRATION K J N HOSPITAL GHAMAPUR



MENOPAUSE DAY CELEBRATION N S C B. MEDICAL COLLEGE, JABALPUR



MENOPAUSE DAY CELEBRATION RANI DURGAWATI HOSPITAL JABALPUR



On World Menopause day a health awareness activity organised at Elgin hospital by me about menopausal syndrome n how to manage physical and psychological issues related with it A nice interaction was done with women presented in program. About Importance of early detection of cancer n bone health problems in this age group

MENOPAUSE DAY CELEBRATION VIMAL NURSING HOME JABALPUR



MENOPAUSE DAY CELEBRATION BEST SUPERSPECIALITY HOSPITAL



MENOPAUSE DAY CELEBRATION SUVIDHA HOSPITAL JABALPUR



Explained to members about type of Menopause & Importance of Physiotherapy

MENOPAUSE DAY CELEBRATION DR PARYANI HOSPITAL JABALPUR



Jabalpur Menopause Society

CME ON RH ISOMMUNISATION

Date : 20th Oct 2021
Venue : Hotel Gulzar Tower
Topic : CME on RH Isommunisation

Summary : It is important to keep ourselves updated academically there is an update on Rh isommunization and fetal exchange transfusion ,complex topic is very well explained by Dr Neena Shrivastava and Dr Shubhali Sharma . That was a very interactive session ,so many doubts were cleared. This CME was attended by 50 doctors which included gynecologist, paediatricians and and pathologist



PUBLIC AWARENESS PROGRAMME EK KADAM CANCER SE BACH KI AUR

Date : 23rd Oct 2021
Venue : Brahmakumaris Bhawan, Napier Town
Topic : Public Awareness – Ek Kadam Cancer se Bachav Ki Aur

Summary : Cancer awareness programme of Bramkumari ashram on 23/10/21
 Dr preexist spoke on breast Cancer, Dr Archana shrivastava spoke endometrial Cancer
 Dr sonal Shani spoke Cancer cervix its prevention, screening and treatment
 Dr shamji Rawat spoke on the other cancers life style management and role of exercise and meditation in Cancer

Programme attended by 50 males and females of Jabalpur

PUBLIC AWARENESS PROGRAMME EK KADAM CANCER SE BACH KI AUR



SLOGAN & ESSAY COMPETITION

Date : 24th Oct 2021
Topic : Slogan & Essay Competition

Summary : Slogan and Essay Competition was organized by Jabalpur Menopause Society. Slogan & Essay competition topic was Menopause (English or Hindi). In which most of the doctors took part. Result will be declared on 27th Nov. 2021 programme.

Jabalpur Menopause Society

DIWALI CELEBRATION

Date : 30th Oct 2021

Topic : Diwali Celebration

Summary : Before Diwali as everyone of us in the mood of festival so we organized a Rangoli Competition and traditional dress up at IMA hall Dr Deepthi Gupta got first prize in this and lots of games and music party were enjoyed. Programme replicate our mood of festival and each one of us enjoyed. Diwali celebration by members enlightens of diya and get together.



CANCER AWARENESS PROGRAMME

Date : 10th Nov. 2021

Topic : Cancer Awareness Programme at Gujrati Mandal

Summary : Jabalpur Menopause Society President Dr Pragya Dhirawani organized Cancer Awareness programme for Gujrati Mandal, Jabalpur on the occasion of Diwali. Dr Richa Dhirawani given talk on prevention of various types of Cancer.



आंतराष्ट्रीय केसर मकरा उत्सव
जहाँ एक ओर पुष्पादीप जलाने से नये नये रंगों के फूलों ने एक दूसरे को विरासत में छोड़ा है वहीं दूसरी ओर एक नया त्योहार शुरू हो रहा है। यह उत्सव हमें न केवल एक ही तरह के फूलों के बारे में जानने का मौका देता है बल्कि हमें इन फूलों के उपयोग के बारे में भी शिक्षित करता है। फूलों के उपयोग के बारे में हमें जानना चाहिए कि वे हमारे स्वास्थ्य के लिए कैसे उपयोगी हैं। फूलों के उपयोग के बारे में हमें जानना चाहिए कि वे हमारे स्वास्थ्य के लिए कैसे उपयोगी हैं। फूलों के उपयोग के बारे में हमें जानना चाहिए कि वे हमारे स्वास्थ्य के लिए कैसे उपयोगी हैं।

AGING GRACEFULLY – HEALTH AWARENESS

Date : 27th Nov. 2021

Topic : Aging Gracefully – Health Awareness Programme

Summary : Jabalpur Menopause Society in association with CLUB 35+ arranged a wellness programme for women; "Aging Gracefully on 27.11.2021".

The Speaker Dr Parimala Swamy gave an elaborated & detailed talk on Aspiring Antiaging a dream or dreams and explained beautifully On Life Style Modifications, Controlling the weight BMI and other aging problems, instrument fasting etc.

Dr Sulekha Tayade from Wardha also explained & encourage woman about healthy lifestyle.

Rangoli competition was also there and was judged by Dr Sangeeta Shrivastava & Dr Bhawna Harshey.

The winners were awarded 1st, 2nd, & 3rd prizes and also given certificates to all participants

1st prize - Dr Dipika Diwani, 2nd prize - Dr Sulekha Diwani & 3rd Prize - Dr Ankita Upadhyay

The programme was followed by Music and high tea.



AGING GRACEFULLY – HEALTH AWARENESS



मौनोपमिल सोसायटी एवं वन 35 ती संरक्षणी सम्मन्ध

Jaipur Menopause Society







Live Talk On MENOPAUSE II

LUPIN in collaboration with Jaipur Menopause Society
and Eternal Hospital Jaipur
A continues Menopause Awareness & Education Initiative

Join Us On



Thursday
9th December, 2021



7:00 PM To 8:00 PM

TOPIC : HOW TO SET UP MENOPAUSE CLINIC?

SPEAKER



Dr. Shailesh Jain
MBBS; DGO; DNB, DIUI, CICE
Menopause Expert Eternal Hospital, Jaipur

MODERATOR



Dr. Meenakshi Gaur
Consultant OBGY
EHCC, Jaipur

Dr. Sunila Khandelwal
Patron

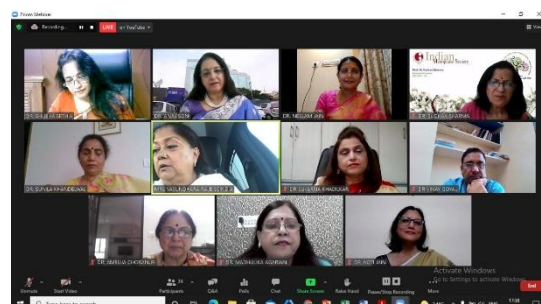
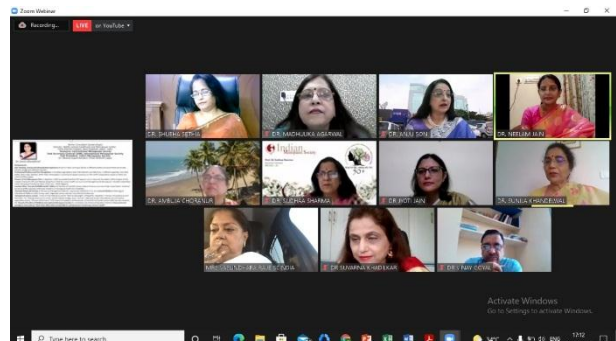
Dr. Neelam Jain
President

Dr. Shubha Sethia
Secretary

Dr. Madhulika Agarwal
Treasurer

Dr. Seema Sharma
Vice President Elect

Dr. Anju Soni
Secretary General Elect



Jammu Menopause Society



AGE AND FERTILITY

FERTILITY AND AGEING COMMITTEE OF Indian Menopause Society in association with Jammu OBG SOCIETY AND ASCOMS

Date – 19th October, 2021 | Time – 4:00 pm to 6:00 pm

Chief guest

Dr. Ambuja Choranur
President Indian menopause society

Guest of honour

Dr. Sudha Sharma
Secretary general Indian menopause society

Organizer & chairperson

Dr. Sushma Baxi
Chairman fertility and aging committee IMS

Chair persons

Dr. Jyoti Hak
President Jammu OBG Society
Prof. and HOD OBG GMC Jammu

Dr. Sapna Puri
Prof. and HOD OBG
ASCOMS Jammu

Dr. Amita Gupta
Secretary Jammu OBG Society
Prof. and HOD OBG GMC Jammu

Dr. Meeta Gupta
Secretary Jammu Menopause Society
Associate Prof. OBG ASCOMS Jammu

Dr. Anil Mehta
President Jammu Menopause Society
Prof. and HOD OBG GMC Kathua

Speakers

Dr. Krishna Mantravadi
Scientific director oasis centre for reproductive medicine Hyderabad

Dr. Shivani S. Gaur
Director SCI IVI centre delhi and Noida

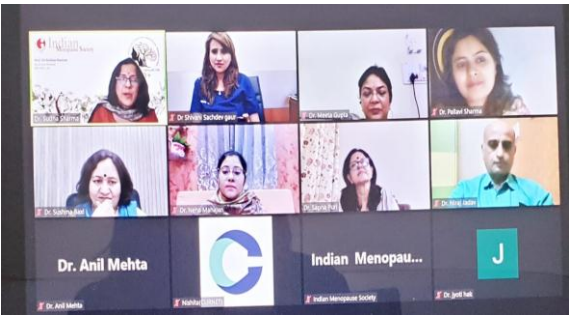
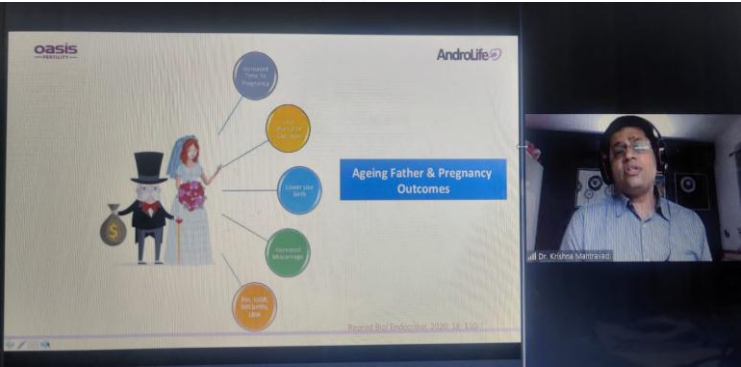
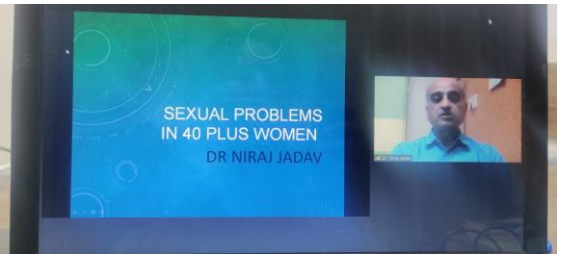
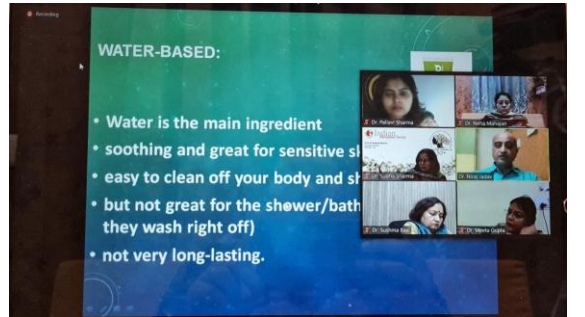
Dr. Niraj Jadav
Chairperson sexual committee FOGSI

Moderators

Dr. Neha Mahajan
Member fertility and aging committee IMS

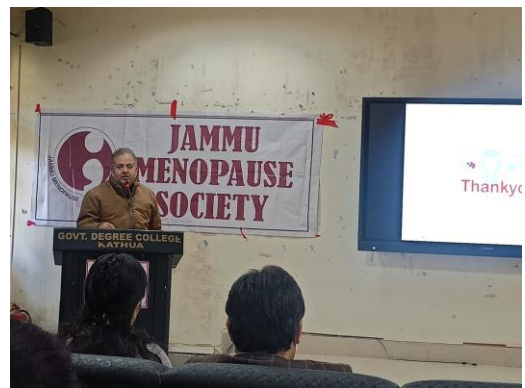
Dr. Pallavi Sharma
Executive member Jammu OBG society

Dr. Krishna – 20 minutes – Advanced paternal age and fertility management
Dr. Shivani Gaur – 20 minutes – ART in 40+
Dr. Niraj Jadav – 20 minutes – Sexual problems in 40 + females



Jammu Menopause Society

- Faculty of Gynae GMC Kathua organized a Menopause awareness program with patients above 45.
- Dietitian Deepshikha emphasized on diet in menopause and special instructions to take care of bones especially Today on 20th of Nov 2021 a seminar was conducted on menopause and its management at GMC kathua dept of obs and Gynae under the aegis of Indian Menopause Society.
- Seminar was attended by faculty of Gynae GMC kathua and presentation was made by Dr Kritika Resident in Gynae. Under the patronage of Jammu Menopause society and under the aegis of Indian Menopause society GMC Kathua organised a seminar on menopause and its management on 20.11.2021.
- The seminar was attended by a faculty of obstetrics and Gynae. Resentation was done by Dr Kritika resident in Gynae at GMC Kathua.



Kanpur Menopause Society

Occasion of World Menopause Day

- We are pleased to inform that KMS conducted free health camp for 35+ females.
- They were made aware of various menopausal symptoms and signs.
- Special emphasis was given on healthy lifestyle, diet and exercise. Attendees benefitted-50.



Occasion of World Osteoporosis Day

- DATE OF THE ACTIVITY: 20 October 2021
- MEDIA ACTIVITY :

K News Channel by Dr Kiran Pandey

91.1 FM by Dr A K Aggarwal

- NAME OF THE ACTIVITY: Health Awareness
- ACTIVITIES DONE :Educational
- TYPE OF THE ACTIVITY: Awareness and Screening Programmes
- PHOTOGRAPHS OF THE PROGRAMME



-
- DATE OF THE ACTIVITY: 22 October 2021
 - VENUE OF THE ACTIVITY: CHC, Kalyanpur, Kanpur
 - NAME OF THE ACTIVITY: Health Awareness Camp - for Bone Health on World Osteoporosis Day
 - ACTIVITIES DONE :

Lecture by Dr. Kiran Pandey

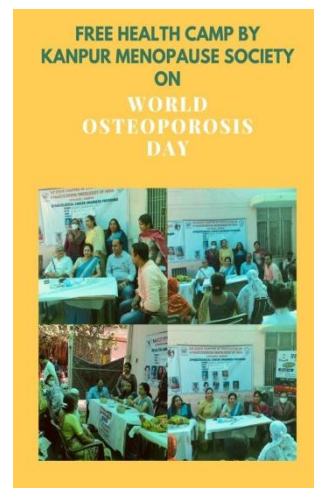
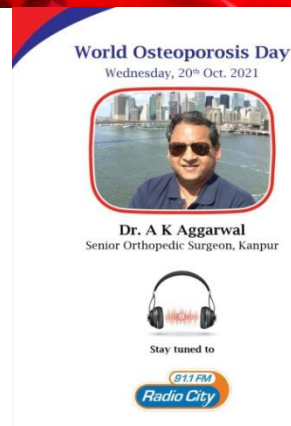
free BMD Scan- 70 females

- TYPE OF THE ACTIVITY: Awareness and Screening Programmes
- BENEFICIARIES: 70 perimenopausal and postmenopausal females
- NUMBER OF BENEFICIARIES: 70

PROGRAMME CO-ORDINATOR: Dr Kiran Pandey, Dr Garima Gupta

PROGRAMME CO CO-ORDINATORS: Dr Pavika Lal, Dr Divya Tripathi, Dr Bandana Sharma

- PHOTOGRAPHS OF THE PROGRAMME



Kanpur Menopause Society

Occasion of World Osteoporosis Day

- DATE OF THE ACTIVITY: 20 October 2021
- VENUE OF THE ACTIVITY: Satya Hospital
- NAME OF THE ACTIVITY: Health Awareness Camp –
- for Bone Health on World Osteoporosis Day
- ACTIVITIES DONE :free BMD
- TYPE OF THE ACTIVITY: free consultation and Screening Programmes
- BENEFICIARIES: 79 perimenopausal and postmenopausal females
- NUMBER OF BENEFICIARIES: 79

PROGRAMME CO-ORDINATOR: Dr Kiran Pandey, Dr Garima Gupta

- PROGRAMME CO CO-ORDINATORS: Dr Pavika Lal, Dr Divya Tripathi, Dr Bandana Sharma
- PHOTOGRAPHS OF THE PROGRAMME



- =====
- DATE OF THE ACTIVITY: 22 October 2021
 - VENUE OF THE ACTIVITY: manas medical centre saket nagar kanpur
 - NAME OF THE ACTIVITY: Health Awareness Camp
 - ACTIVITIES DONE :free consultation
 - TYPE OF THE ACTIVITY: free consultation and Screening Program
 - BENEFICIARIES: 20 perimenopausal and postmenopausal females
 - NUMBER OF BENEFICIARIES: 20

PROGRAMME CO-ORDINATOR: Dr Kiran Pandey, Dr Garima Gupta

- PROGRAMME CO CO-ORDINATORS: Dr Pavika Lal, Dr Divya Tripathi, Dr Bandana Sharma
- PHOTOGRAPHS OF THE PROGRAMME



Kanpur Menopause Society

KANPUR MENOPAUSE SOCIETY (KAP/MS/2021-2022)

under the aegis of
INDIAN MENOPAUSE SOCIETY
presents
Public forum
on
Menopause : A New Journey of Mind
Date & Time : Tuesday, 9th November 2021 4 P.M. to 6 P.M.
Venue
Hotel Royal Cliff
Kanpur

Chief Guest

Mrs. Neelima Katiyar
Honourable State Minister
Higher Education and Science & Technology,
Government of U. P.

Speaker

Dr. Alok Bajpai
Senior Psychiatrist, Kanpur
Founder Member KMS

Dr. Kiran Pandey
President
KMS

Dr. Meera Agnihotri
Chief Patron
KMS

Dr. Garima Gupta
Secretary
KMS

KANPUR MENOPAUSE SOCIETY (KAP/MS/2021-2022)
Affiliated to Indian Menopause Society
aims for
FIT @ FORTY • STRONG @ SIXTY • INDEPENDENT @ EIGHTY

Dr. C. Ambuja
President
IMS

Dr. Sudha Sharma
Secretary General
IMS

Dr. Meera Agnihotri
Chief Patron
KMS

Dr. Kiran Pandey
President
KMS

Dr. Garima Gupta
Secretary
KMS

Dr. Sangeeta Saraswat
Treasurer
KMS

Dr. Renu Tondon
Vice President
KMS

Dr. Pavika Lal
Joint Secretary
KMS

Dr. Divya Tripathi
Joint Treasurer
KMS



योगा से दूर करें मानसिक तनाव

कानपुर। शहर की नामचीन 'खी रोग विशेषज्ञ डॉ. मीरा अग्निहोत्री ने मंगलवार को साफ किया कि महिलाओं में रजोनिवृत्ति के बाद अवसाद, तनाव, चिड़चिड़ापन और हॉट फ्लैशेस के लक्षण हावी हो जाते हैं पर इसका मतलब यह नहीं है कि महिलाएं अपने को कमजोर समझने लें। ऐसे समय में भावुकता भी ज्यादा सामने आने लगती है। इसका इलाज ध्यान और योगा से किया जा सकता है। महिलाओं को लेडी डॉक्टर से सलाह जरूर लेनी चाहिए। डॉ. अग्निहोत्री कानपुर मेनोपॉज सोसाइटी, इंडियन मेनोपॉज सोसाइटी के सहयोग से मानसिक स्वास्थ्य सेमिनार में बोल रही थीं। जीएसबीएम मेडिकल कॉलेज के गायत्री विभाग की हेड प्रो. किरन पांडेय ने कहा कि रजोनिवृत्ति से मानसिक तनाव बढ़ रहा है। डॉ. गरिमा गुप्ता, डॉ. शैली अग्रवाल, डॉ. पवित्रा लाल, डॉ. दिव्या द्विवेदी भी रहीं। डॉ. आलोक बाजपेई ने भी टिप्पणी दी।

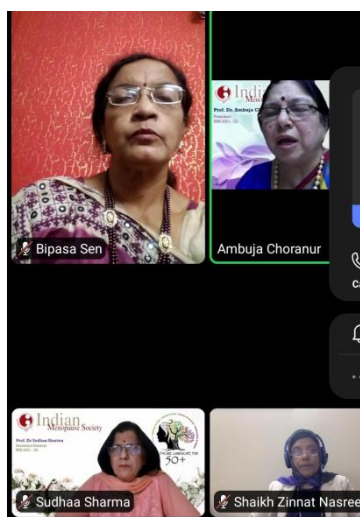


Kolkata Menopause Society

- Kolkata Menopause Society organised a BMD camp on 27th Nov 2021 at MAGS MEDICAL & RESEARCH CENTER , AG 112, Salt Lake , Sec II, Kolkata 700091 under the supervision of Dr Ratnabali Chakravorty.
- Total 25 women(age varying from 25- 48 years) attend the camp. 1 women was found osteoporotic & 10 women were osteopenic. Medicine was prescribed.



- Kolkata menopause society celebrate World Menopause Day on 31.10.2021 on virtual platform. Chief guest was Dr. Choranur Ambuja & Guest of Honour was Dr. K.D.Bakshi, past president, Kolkata Menopause Society. Dr Jayanta Kumar Gupta, President, Kolkata menopause society spoke on GSM - role of estriol. Next was a panel discussion on - HRT - where we stand today.
- The panel was moderated by Dr Ratnabali Chakravorty and panelists were Shaikh Zinnat Ara Nasreen of Bangladesh, Dr Sudhaa Sharma, and Dr Jyoti Jaiswal.



Lucknow Menopause Society

- Lucknow Menopause Society celebrated World Menopause Day and World Osteoporosis Day by organizing a webinar on Bone Health, Osteoporosis, and Menopause. The webinar was organized under the aegis of Indian Menopause Society, on the 20th of October, 2021, from 04.30 pm to 06.00 pm on zoom.
- The Secretary of Lucknow Menopause Society, Dr Asna Ashraf, commenced the programme by welcoming the dignitaries and inviting the President of Lucknow Menopause Society, Dr Yashodhara Pradeep for the Welcome address. Dr Yashodhara Pradeep welcomed and introduced the Chief Guest.
- The President of the Indian Menopause Society, Dr Ambuja Choranur was the Chief Guest for the occasion. Dr Reena Srivastava, Founder President of Gorakhpur Menopause Society was the Guest of Honour.
- The scientific programme consisted of two talks on the theme of Bone Health. The chairpersons for the day were Dr H.P. Gupta, Retd. Prof. KGMU, Dr Yashodhara Pradeep, and Dr Urmila Singh, Retd. Prof. KGMU, Lucknow.
- The first talk was by Dr Sudha Sharma, Secretary-General of Indian Menopause Society, on 'Osteoporosis and POI'. It was a very comprehensive talk and covered Postmenopausal Osteoporosis and Premature Ovarian Insufficiency and its treatment, focusing on hormone therapy.
- The topic of the second talk was 'Preventing the first fracture', and the speaker was a lady orthopedic surgeon, Dr Binoti Sheth, Prof & Unit Head, Dept. of Orthopedics, LTMMC, Sion, Mumbai.
- Both the talks were very informative and were followed by an extensive discussion on the treatment of osteoporosis. The programme was conducted by Dr Sangeeta Mehrotra, Jt. Sec. Lucknow Menopause Society and Dr Amrit Gupta, Treasurer of Lucknow Menopause Society gave the vote of thanks.
- There were 60 attendees.

Lucknow Menopause Society
(Under the aegis of Indian Menopause Society)
invites you to a webinar on
Bone Health
to celebrate
World Menopause Day
&
World Osteoporosis Day
Date: 20th October, 2021, Wednesday
Time: 04.30 to 06.00 pm

Chief Guest
Dr Ambuja Choranur
President, Indian Menopause Society

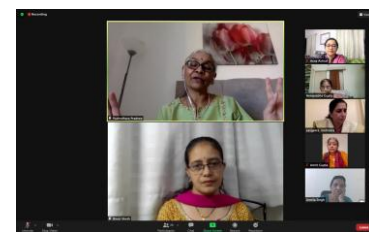
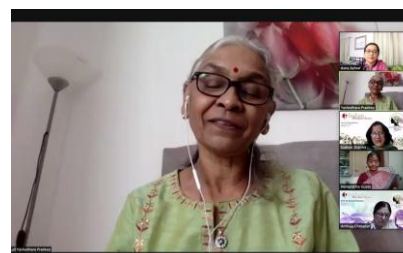
Guest of Honour
Dr Reena Srivastava
Founder President, Gorakhpur Menopause Society

Organisers
Dr Yashodhara Pradeep
President, Lucknow Menopause Society
Dr Asna Ashraf
Secretary, Lucknow Menopause Society

Chairpersons
Dr H.P. Gupta
Retd. Professor, KGMU
Dr Yashodhara Pradeep
President, Lucknow Menopause Society
Dr Urmila Singh
Retd. Professor, KGMU

Programme
Topic : Osteoporosis and POI
Speaker : Dr Sudha Sharma
Secretary General Indian Menopause Society
Time : (30 minutes)
Topic : Preventing the first fracture
Speaker : Dr Binoti Sheth
Prof & Unit Head, Dept. of Orthopedics
(LTMMC, Sion, Mumbai)
Time : (30 minutes)

Coordinators
Dr Sangeeta Mehrotra
Jt. Sec. Lucknow Menopause Society
Dr Amrit Gupta
Treasurer, Lucknow Menopause Society



Ludhiana Menopause Society

World Menopause Day Celebrated on 18th October 2021 4 to 6 pm

- **Virtual Event on Osteoporosis**
- **Chief Guests: Dr. Ambuja Choranur**
- **Guests Of Honour: Dr Sudhaa Sharma, Dr Iqbal Singh Ahuja**
- **Topic – Osteoporosis**
- **Risk factors, Screening and Diagnosis of Osteoporosis**
- **Speaker – Dr. Geetanjali Kaur**
- **Management of Osteoporosis – Dr Ashima Taneja**

Celebrating World Menopause Day
Theme – Bone Health
Virtual Academic Event Organized by
Ludhiana Menopause Society

Topic – Osteoporosis
Date – October 18, 2021 **Time** – 5:30 pm to 7:00 pm

Chief Guest

Dr Ambuja Choranur
President
Indian Menopause Society

Guests of Honor

Dr Sudhaa Sharma
Secretary
Indian Menopause Society


Dr Iqbal S. Ahuja
Chairman
Ludhiana Menopause Society

Organizing Team

Dr Kavita M. Bhatti
President
Ludhiana Menopause Society


Dr Mini Ahuja
Secretary
Ludhiana Menopause Society

Topic	Speakers	Moderators
Screening, Risk Assessment & Diagnosis of Osteoporosis	Dr Gitanjali Kaur	Dr Zeenie Girm, Dr Sunita Goyal
Management of Osteoporosis	Dr Ashima Taneja	Dr Iqbal S Ahuja, Dr Saroj Aggarwal

Co-organizer: CITRNET
Download on the App Store | GET IT ON Google Play

Virtual Event – on 23rd May 4 to 6 pm Under the aegis of Ludhiana Menopause Society

Topic: Uterovaginal Prolapse

Chief Guest: Dr Iqbal Singh Ahuja

POPQ Classification & Nulliparous Prolapse – Dr Zeenie Girm

Management of Genital and Uterine Prolapse – Dr Lily Varghese

Virtual Event By Ludhiana Menopause Society On 25th April 2021

Chief Guest: Dr Maninder Singh Ahuja

Topic: Yoga And Health

Nagpur Menopause Society

World Menopause Day was celebrated by Menopause

- Society Nagpur, with a CME (on 20 October) followed by garba , it was well attended by Doctors as well as Club 35 members.
- Dr Kshama Kedar talked on postmenopausal osteoporosis. Dr Geetika Patni Mohta spoke on Cosmetic Dermatology This was followed by garba as a part of Navratri
- Celebration, and there was an overwhelmingly
- Enthusiastic participation by all.
- Walkathon was held on 10 October for Breast Cancer
- Awareness, along with Nagpur obs and gyn society with



**CME and Diwali Milan was held on
9 November 2021**

- Dr Arti Wanjari spoke on genitourinary syndrome
- Dr Shrikant Nimbhorkar spoke on Sleep Disturbances in Menopause
- Dr Malvika Phulwani spoke on Diet post Diwali
- A Diwali celebration with games and traditional Diwali sweets was held
- Which was much appreciated by all, including our Club 35 members.





Menopause Society Nagpur

Invites you for

Diwali Milan & Clinical Meeting

At Hotel Ashoka, Laxmi Nagar, Nagpur

 Dr. Ashoka Kumar Purohit <i>Menopause Society Nagpur</i>	 Dr. Visha Sastome <i>Menopause Society Nagpur</i>
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SPEAKER	CHAIRPERSONS
Session 1 : Time - 4.40 pm : Genitourinary Syndrome Session 2: Time: 5pm: Sleep Disorders Time : 5.25pm Alexa, Melt my fat Away Session 3 Time : 5.30pm Diet and Diwali	 Dr. Arvi Nangari  Dr. Anshu Dasgaj  Dr. Deepi Kulkarni  Dr. Shrikant Numbharker  Dr. Anjali Bhandarkar Anuja Bhadke  Dr. Visha Sastome & Dr. Shantala Bhale  Dr. Malvika Fulwadi  Dr. Manish Chaudhe  Dr. Nadana Kaveri  Dr. Pragnya Jurelg

5.45 pm : Games Followed by High Tea


torrent
 e-newsletter

Dr. Vinayakur Potluri, Dr. Sudhar Reddy
MATTER OF GRADUATION

Patiala Menopause Society

BREAST CANCER AWARENESS MONTH CELEBRATIONS On 25.10.2021 under aegis of IMS

- Under the patronage of honourable Chairman Sh. Tarsem garg respected principal, vice principal , M.S , CEO sir under aegis of Indian Menopausal Society, A breast cancer clinic was inaugurated in MM superspeciality building with the purpose to aid early diagnosis of breast cancers in women. A total of 104 medical, paramedical staff, women of 20 years & above were shown an audiovisual video on awareness for breast cancer & breast self examination on the eve of breast cancer awareness month celebrations.
- Dr.Ruby Bhatia (prof & HOD, Department of OBG ,MMIMSR) inaugurated the event as chief guest.
- Dr. Subash Chawla (prof. & HOD, Department of surgery ,MMIMSR, superspeciality appraised methods of preventing breast cancer.
- Welcome address- Mamta (General manager operation Superspeciality)
- Talk on:-
 - Inauguratuion speech : Dr. Chawla(consultant MIS, MMIMSR)
 - Screening& diagnosis of breast cancer : Dr. Dr.Ruby Bhatia (prof & HOD, Department of OBG ,MMIMSR)
 - Benign breast diseases – Dr.P.K.Bhatia (HOD department of surgery,MMIMSR)
 - Breast reconstruction surgery – Dr.Manmohan singh (Consultant plastic Department of surgery,MMIMSR)
 - Vote of thanks – Dr.Himangi (SR department of surgery,MMIMSR)
- Conveyor-Dr.Bhavika Kalthe (Resident Department of OBGY)



Patiala Menopause Society

Under Varisht Mahila Swasth Karykram.

- Dr. Ruby Bhatia prof & HOD deptt Obs & Gynae MMIMSR organized monthly Varisht Mahilla Swasth Shivir, under the patronage of honourable Chairman Sh. Tarsem garg respected principal, vice principal sir, M.S sir, CEO sir & under aegis of Indian Menopausal Society, for women 40 years and above on 17/11/2021. Gynae checkup, Pap Smear screening, BMI, Breast examination, Hb, RBS was done. A total of 30 women were examined. 10 patients were Obese or over weight, 8 patient had fibroid uterus , 3 patients had utero - vaginal prolapse, 5 patients had abnormal uterine bleed, 3 patient had vaginitis, 1 patient were PCOS.
- Talk on:-
 - A. Women's health: Dr. Amit mittal(vice principal, MMIMSR)
 - B. Gynecological disorder at Menopause: Dr. Ruby Bhatia Prof & HOD OBG.
 - C. Elimination of cervical cancer : Dr. A.S. Dhillon
 - D. Awareness of cervical cancer, pap smear screening, : Dr. Tajinder kaur
 - E. Prize distribution ceremony (Inter department) for events of breast feeding week august2020 & liver dysfunction CME competition



Patna Menopause Society

19-10-2021 World Osteoporosis Day 2021 at Renu maternity center

- Free health check up including - height weight BP and BMD ---- was done to celebrate World Osteoporosis Day at Renu Maternity center Patna on 19-10-2021 by Dr Nibha Mohan Secretary, Patna menopause society
- About 56 pts were examined. 50 pts were osteopenic 2 were Osteoporotic and 4 were normal --- one 77 year old lady had T-score -1



20-10-2021 Bone health awareness program by PMS and Global Orthopaedic forum at Women's College Patna

- Patna menopause society along with Global Orthopaedic Forum organised Bone Health awareness program - on World Osteoporosis Day at Women's College Patna on 20-10-2021.
- Awareness talks were given by Dr Kusum Gopal Kapoor, Dr Usha Didwania Dr Nibha Mohan and Orthopaedic Surgeons -- Dr Amulya Kumar Singh Dr Apoorwa Sinha and Dr Ramit Gunjan. Well attended by senior faculties of PWC and approx 100 students. Queries of students were well answered. Free BMD test was done. Very satisfying Bone Health Awareness program



22-10_2021 Jagrukta abhiyan on World Osteoporosis day

- Patna menopause society and global orthopaedic forum at akshat seva sadan on 22.10.21. well attended by more than 100 people .deputy chief minister of Bihar Shrimati Renu Devi was the chief guest. problems of menopause and osteoporosis was discussed.



Patna Menopause Society

31-10-2021 Awareness program at Sadbhawna clinic

A Menopause awareness camp was done at Sadbhavana Clinic Bihta, Patna on 30.10.21. A talk was given on Care of Bones and Breast at Perimenopause. Importance of calcium, Vit D and exercise was addressed in details. About 20-25 women were presents. Self Breast examination was demonstrated and it's role in early diagnosis of Breast cancer was also emphasised. A few questions on exercise in rural setting were asked by women, which were answered satisfactorily.



World Diabetes Day 13-11-2021--Awareness program PMS Sadbhawna clinic

- An awareness program on World diabetes day was organised at Sadbhavana Clinic Bihta, Patna by PATNA Menopause Society on 14.11.21. Dr Neelam gave a talk to the women, mostly from rural background, regarding menopause and diabetes. About 20-25 women and their attendants were present and felt updated on health issues.



Awareness program on 26-11-2021 Iron deficiency day--PMS at Sadbhaavna clinic

- An awareness program was organised at Sadbhavana Clinic, Bihta (40 Km away from Patna), Patna, on Iron deficiency Day 26.11.21 to make women aware of the effects of anaemia at all ages. A detailed talk on causes and effects of iron deficiency anaemia was given by Dr Neelam, Vice President, Patna Menopause Society. A free Hb camp was also organised and iron tablets were also given to those diagnosed with anaemia. Total 15-20 women participated in the program including one adolescent girl who quite eagerly asked questions about how to prevent it. 10 women were motivated to get their Hb % done after which they happily showed and compared the results.



Patna Menopause Society

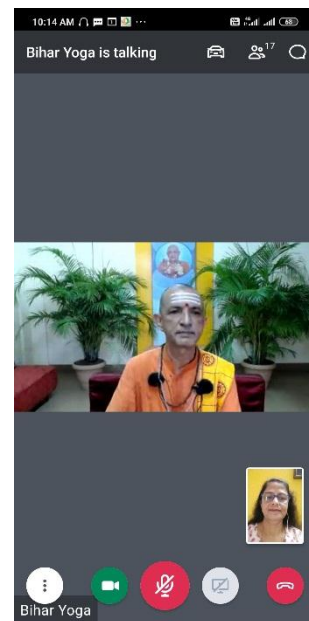
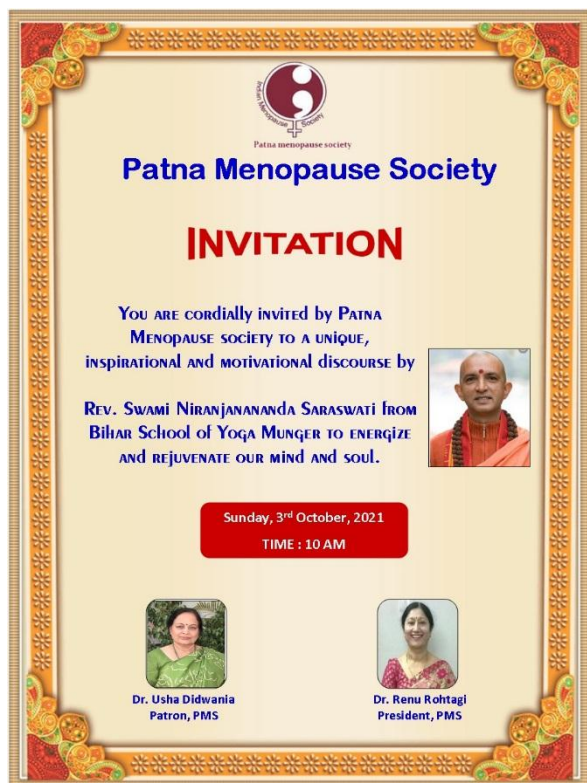
26-11-2021 --Anemia mukti muhim on International iron deficiency day

Patna menopause society celebrated iron deficiency day by flagging off the APPLE VAN for Anaemia Mukti Muhim. Apple meaning Anaemia Prevention Programme Leading to its Eradication. This van was flagged from Nalanda Medical College campus on 26.11.21. It will travel to various cities of Bihar state like Arrah Buxar Paali Naubatpur Darbanga Chaapra Siwan and Gopalganj. distributing pamphlets in Hindi about causes and prevention of anaemia. It also has facilities of Hb estimation and will distribute iron folic acid tablets and sanitary pads



Inspirational course on 03-10-2021

PMS organized an inspirational course on 03-10-2021 Swami Niranjananda Saraswati from Bihar school of Yoga Munger delivered very useful talk



Rajkot Menopause Society

- As we celebrate world menopause day and world osteoporosis day in october.
- Rajkot menopause society along with rotary greater club organized an unique menopausal health check up . Around 200 women were registered.
- 1st step - BMI, Height / weight, abdo. Circumference, hand grip check
- 2nd step - detailed history, BP, RBS, P/S, P/V, TVS, Breast examination were done
- 3rd step- Risk assessment were checked, gail chart for breast cancer, WHO/ISH for cardiac disease, OSTA score for osteoporosis, SARC F for sacropenia, Indian diabetic risk score for diabetes risk were used.
- All women who were at higher risk were conselled according.
- 4th step- medicines routine calcium D3 and multivitamins were supplied by pharma companies.
- 5th step- we also had one table for dietitian and one table for physiotherapy where needy pts were treated.
- All patients were truely obliged to see a team of dedicated doctors serving then selflessly
- We are thankful to our president Dr. Ami mehta for this wonderful idea and heartfelt thanks to all my colleagues and friends.



RAJKOT MENOPAUSE SOCIETY

Health Check up Camp

Date : 02.10.2021, Place : Rotary Greater Bhavan, Vidyanagar Main road, Rajkot

Name : _____
Age : _____ Age at Menopause : _____
C/O (Chief Complaint) : Premenstrual / Menopausal Symptoms _____
Menstrual History : _____
Obstetric History : _____
Contraception : _____
H/O any Major Illness / Operation / Fracture _____
Family History of Cancer / Major Illness _____
Examination :
BP : _____ Height : _____ Weight : _____ BMI : _____ Pallor : _____
Waist Circumference : _____ Hip Circumference : _____
Waist to Hip Ratio : _____ Breast Examination : _____
P / S _____
P / V _____
USG _____
Investigations : Pap Test : _____ Mammogram : _____ BMD : _____
Blood Investigations : CBC : _____ PCBS : _____ S.TSH : _____ S. Creat : _____
URM : _____ Lipid Profile : _____ HbA1c : _____
Routine Physical Activity : House Hold / Sedentary / Heavy Work / Exercise / Exposure to Sunlight
Notes : _____

Risk Assessment:

Comprehensive chart for grading the health status based on tools for invasive breast cancer, CVD and Skeleto muscular Health

Tool	Points	Risk	Advice
Invasive Breast Cancer Calc			
WHO / ISH			
OSTA / SCORE / FRAX			
SARC - F			
Indian Diabetic Risk Score			

CONSENT:

I certify that I have explained the nature, purpose, benefits, risks and alternatives to the proposed treatment procedure. I have also offered to answer any questions and have fully answered all such questions. I believe that the patient / relative / guardian has fully understood what I have explained and answered. I give permission to use this data for publication/research.

Signature _____
Name _____

Rajkot Menopause Society

- On 19/20/21.nov. 2021 ,we had state level conference at BHUJ.
- Dr. Amiben mehta and Dr. Amitaben shah together moderated a very nice panel discussion of menopause transition
- This was well appreciated by all delegates and faculties present at SOGOG.



Raipur Menopause Society

Aesthetic health committee of IMS and IACDG in association with Raipur Menopause Society conducted a live webinar & a public forum which was attended by more than 100 people on the Topic “Menopause an Eternal truth : SEXUAL DYSFUNCTION A CHALLENGE TO QUALITY LIFE” on 22nd October 2021 at 3:30 pm. Speakers were Dr. Sudha Sharma, Dr. Manoj Chellani & Dr. Ragini Agrawal

The poster is for a live webinar and public forum. At the top, it features a graphic of two stylized human profiles in blue and pink. Text on the poster includes: "Torrent VIVA team on behalf of IACDG, Aesthetic health committee of IMS and IACDG in association with Raipur Society Presents Menopause an Eternal truth Episode 13: SEXUAL DYSFUNCTION A CHALLENGE TO QUALITY LIFE". The date and time are "Date: 22nd October, 2021 | Time: 3:30 - 7:00 pm".

CHEIF GUESTS
Dr. C Ambuja

GUESTS OF HONOUR
Dr. Sudha Sharma | Dr. Anita Shah | Dr. Abha Singh

INAUGURATION & WELCOME ADDRESS : 3.30 - 4.00
Dr. Manoj Chellani

CHAIRPERSONS
Dr. Jyoti jaiswal | Dr. Gurpreet | Dr. Abha Daharwal

SCIENTIFIC SESSION: 4:00pm - 7:00pm

Session - 1 : 4:00pm - 4:30pm
Talk: 1
Key Note Address- FSD and Menopause by Dr. Sudha Sharma

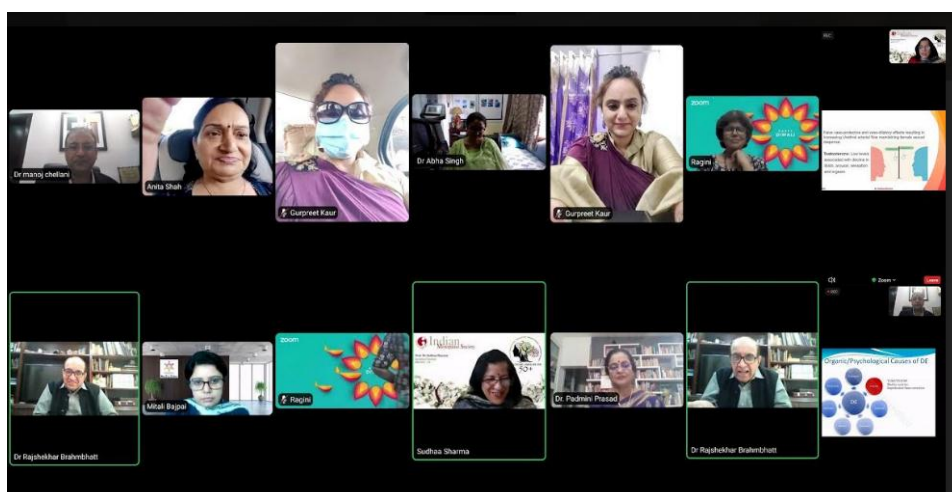
Session - 2 : 4:30pm - 4:45pm
Talk: 2
Ejaculatory Disorder by Dr. Manoj chelani

Session - 3 : 5:40pm - 6:30pm
Talk: 3
FSD a case based Discussion by Moderator: Dr. Ragini Agrawal

PANELISTS
Dr. Padmini Prasad | Dr. Sanjay Deshpande | Dr. Virupaksha HS
Dr. Deepak Juman | Dr. Suroj Gumaste

VOTE OF THANKS
Dr. Gurpreet

CLICK HERE TO JOIN | Meeting ID: 949 3723 1381 | Passcode: ENVELOP



Surat Menopause Society

16th October 2021



Celebration of World Menopause Day
A Live Webinar by
Menopause Society Surat,
Club 35+ Surat & SOGS Educational
& Charitable Trust
Saturday 16th October 2021 at 4 pm - 5 pm

TOPIC: "MATURED WOMEN...WHAT DO THEY WANT?"



GUEST SPEAKER
DR. HARA PATNAIK
PAST PRESIDENT
IMS, (FROM CUTTACK)



HEALTHCARE LANDSCAPE FOR 50+

Chief Guest



Dr. Anshu Chatterjee
President, IMS 2021



Dr. Sushma Sharma
Secretary General,
IMS 2021

Guest of Honour



Dr. Anil Sharma Gupta
Chairperson, Club 35+
Cuttack, IMS 2021



Dr. Ragini Agarwal
Chairperson, Assam
Health Centre, IMS 2021



Dr. Savita Tyagi
Chairperson, Hara
Cuttack, IMS 2021

Chairpersons



Dr. Manisha Jhawar
Ex. Chapter Secretary
IMS Surat Chapter



Dr. Manisha Jhawar
Ex. Chapter Secretary
IMS Surat Chapter

Organizing Team



Dr. Anita Shah
Patron,
Meno. Society Surat



Dr. Asha Bhatt
President,
Meno. Society Surat



Dr. Dargana Trivedi
Vice President
Meno. Society Surat



Dr. Rupali Shah
Secretary
Meno. Society Surat



Dr. Manisha Jhawar
Treasurer
Meno. Society Surat

WEB LINK <http://livestreamvc.com/Raptakos/161021/>



Prologue...

Young King Arthur was imprisoned by the Monarch of a neighbouring kingdom. But the Monarch was moved by Arthur's youth and ideals, so offered him freedom, as long as he could answer a very difficult question. Arthur would have a year to figure out the answer; if, after a year, he still had no answer, he would be put to death.

The question: What do women really want?

Surat Menopause Society

World Menopause Day Celebration

Indian Menopause Society

18TH OCTOBER 2021 | 3:30 pm to 5:30 pm | [CLICK HERE TO REGISTER](#)

CONVENORS

- Dr. Jignesh Shah
Past President, IMS
- Dr. Anita Shah
Past Secretary, IMS

CHIEF GUEST

- Dr. Ambuja
President, IMS 2021-22
- Dr. Sudha Sharma
Secretary, IMS 2021-22

GUEST OF HONOUR

- Dr. Pooja Sethi
Vice President, IMS 2021-22
- Dr. Shobhana Mohandas
President Elect, IMS 2022-23

Topic: PREMATURE OVARIAN INSUFFICIENCY

CHAIRPERSONS

- Dr. Asha Bhatt
President,
Menopause Society Surat
- Dr. Niraj Jadev
Vice President,
Rajkot Menopause Society
- Dr. L. R. Gohil
President,
Bharuch Menopause Society

SPEAKER

- Dr. Sushma R. Baxi
Chairperson, Fertility & Ageing Committee, IMS

Topic: MHT – CURRENT CONCEPT

CHAIRPERSONS

- Dr. Dilip Godhani
President,
Ahmedabad Medical Association
- Dr. Pallavi Satarkar
Secretary,
Menopause Society Vadodra
- Dr. Hina Popat
Secretary,
Rajkot Menopause Society

SPEAKER

- Dr. Prakash Bhatt
Past President,
SGGS

For the use of a registered medical practitioner to hospital or laboratory only.

World Menopause Day Celebration



Indian Menopause Society

18TH OCTOBER 2021
3:30 pm to 5.30 pm
CLICK HERE TO REGISTER

PANEL DISCUSSION – VULVAL LESIONS

EXPERTS


Dr. Atul Munshi
Past President,
IMS


Dr. Jyoti Shah
Treasurer,
IMS


Dr. Anjana Chauhan
President, Ahmedabad
Menopause Society


Dr. Binal Shah
President,
Menopause Society Vadodra

MODERATORS


[Name]
[Title]

PANELIST


Dr. Ami Mahta
President, Rajkot
Menopause Society


Dr. Tejal Shah
MD OBGY,
Surat


Dr. K. Challeppan
MD, OBGY,
Bharuch


Dr. Jayshree Seth
MD, OBGY,
Ahmedabad


Dr. Bhavna Seth
MD, OBGY,
Bharuch


Dr. Hareesh Shah
MD, OBGY,
Vadodra

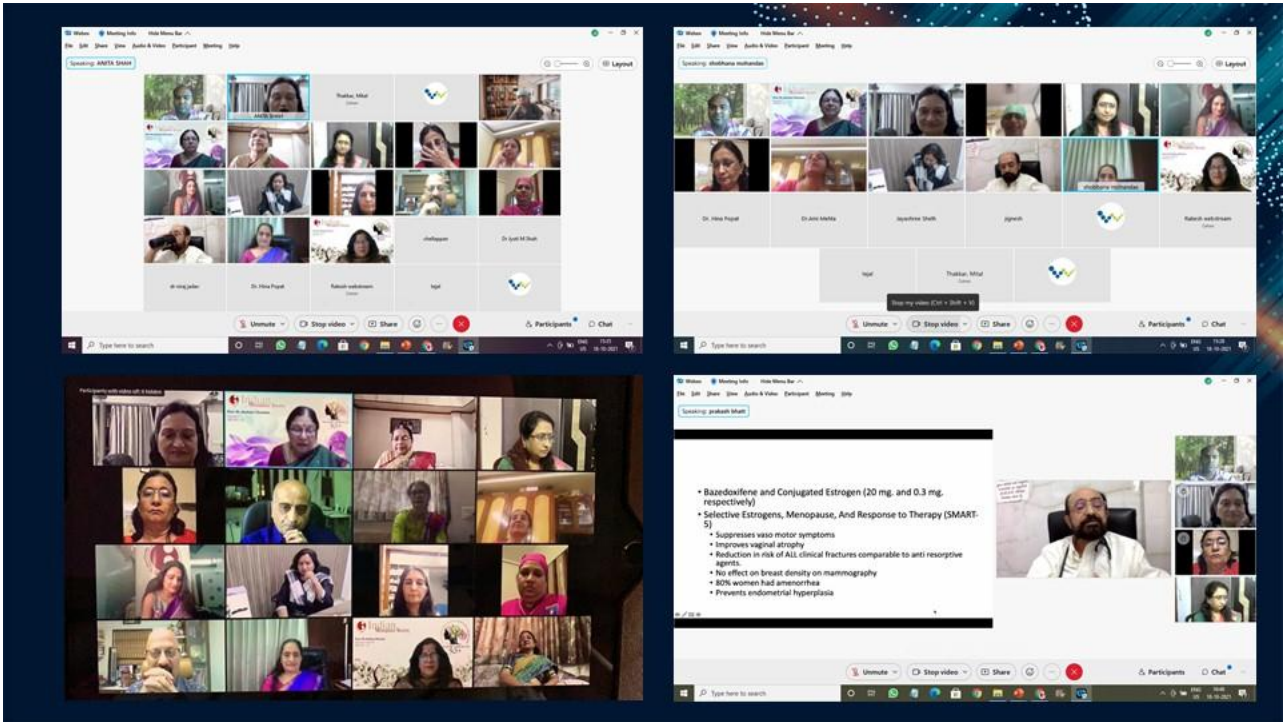
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Ahmedabad Menopause Society • Dr. Anjana Chauhan, President • Dr. Mukesh Patel, Secretary	Bharuch Menopause Society • Dr. L. R. Gohil, President • Dr. Pravinchandra Parmar, Secretary	Rajkot Menopause Society • Dr. Ami Mahta, President • Dr. Hina Popat, Secretary	Menopause Society Surat • Dr. Asha Bhatti, President • Dr. Rupal Shah, Secretary	Menopause Society Vadodra • Dr. Binal Shah, President • Dr. Pallavi Setarkar, Secretary
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Surat Menopause Society



MENOPAUSE AWARENESS MONTH

Menopause Basics



Divya Deswal
Co-Founder, Unpause Life



Dr. Anita Shah
Senior Ob-Gyn, Past Secretary-General, Indian Menopause society



Saturday, 16th October 2021
6.00 pm

Live session on “Instagram”, with Ms. Divya Deswal (Co-Founder of Unpause Life NGO) on the Topic of “Menopause Basics”

Surat Menopause Society

20th October 2021
**World Osteoporosis Day Celebration with
Menopause Society Surat and
Surat Obstetric and Gynaecological Society**

IMS in association with
**Menopause Society Surat &
Surat Obstetrics & Gynaecological Society**
celebrating World Osteoporosis Day

20th OCTOBER 2021 4:00 pm to 5:30 pm

[CLICK HERE TO REGISTER](#)

CONVENORS



Dr. Anita Shah
Past Secretary, IMS



Dr. Ambika Chaturvedi
President, IMS 2021-22



Dr. Sonam Khadikar
Past President, IMS



Dr. Sushma Sharma
Secretary, IMS 2021-22



Dr. Bipasa Sen
Joint Treasurer, IMS 2021-22



Dr. Lakshmi Rathore
Joint Secretary, IMS 2021-22

GUEST OF HONOUR

Topic: PREVENTION OF POSTMENOPAUSAL OSTEOPOROSIS

CHAIRPERSONS



Dr. Anjali Soni
Secretary, Surat, IMS



Dr. Rajendra Nigamkatti
Inam, Past Chairperson FOGG, Maternal Management Committee



Dr. Anurag Singh
Co-Chairman, Consultant OB-GYN, Surat Hospital, Hyderabad, Past President, IMS



Topic: OSTEOPOROSIS IN THE VIEW OF AN ENDOCRINOLOGIST

CHAIRPERSONS



Dr. Shresh Kumar
Past president, Lucknow Menopause Society



Dr. Jayashree Gargi
Past President, Chennai Menopause Society



Dr. Prady Dabholkar
Consultant Endocrinologist, Surat

OFFICE BEARERS



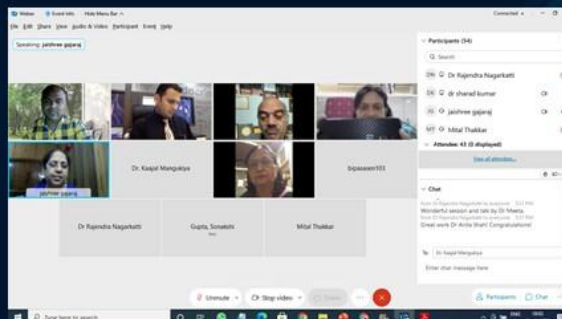
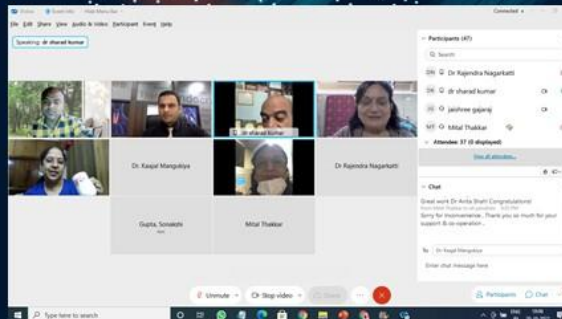
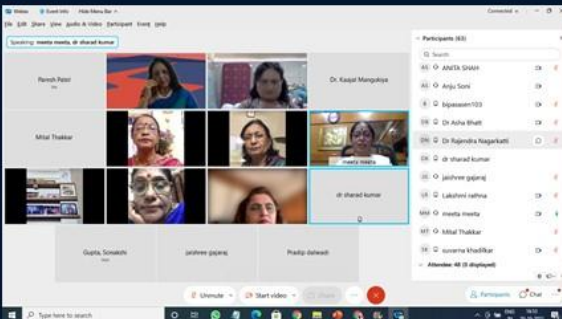
Dr. Anjali Soni
Secretary, IMS



Dr. Rajendra Nigamkatti
Inam, Past Chairperson FOGG, Maternal Management Committee



Dr. Anurag Singh
Co-Chairman, Consultant OB-GYN, Surat Hospital, Hyderabad, Past President, IMS



Surat Menopause Society

21th October 2021
Virtual Talk given on
“Management of
Menopausal Issue”



Management of Menopausal Issues



FEATURING
Dr. Anita J. Shah
MD, DGO, CIMP, Secretary General IMS,
Ex-President, Surat Ob Gy society,
Ex Secretary, Surat Medical Consultant Association,
Member of IMA

Find out all of Dr. Shah's secrets on Management of Menopausal Issues.
Join us for a session. Your presence and valuable knowledge are highly
valued. Slots are available Register NOW!

21th October 2021
Inaugurated “Menopause Connect Clinic” @
Anita Hospital and Maternity Home, Udhna, Surat



Surat Menopause Society

21th October 2021

BMD Camp Organized as a part of the Celebration of "World Osteoporosis Day" @ Anita Hospital and Maternity Home, Udhna, Surat



21th October 2021

Inaugurated "Menopause Connect Clinic" @ Jay Clinic, City Light, Surat



Udaipur Menopause Society

Awareness program at Army cantt by UMS on 18th October 2021

- Udaipur menopause society conducted an awareness program on World menopause day i.e. 18th October at Army cantt Udaipur. Almost 50 ladies have actively participated .Dr Kaushal Chundawat, founder president UMS delivered welcome address and gave an insight of IMS' awareness activities for midlife women health nation wide.
- Dr Akansha Tripathi delivered an awareness talk for midlife women and Dr Shilpa Rathore talked about Diet and Nutrition. It was a interactive program and Dr Nalini answered the questions from audience. The program was highly appreciated by Army women wellness association . Mrs Soni ,the first lady thanked and presented momentos to speakers.
- Few pictures are attached herewith.



Vadodara Menopause Society




SYMPOSIUM ON BREAST & OVARY



Organised by :
MENOPAUSE SOCIETY VADODARA

17 Oct 2021, Sunday
Hotel Grand Mercure Surya Palace

09.15 - 09.45 am	Registration, Tea Snacks	
09.45 - 10.00 am	Quiz	- Dr Varsha Prapanna
10.00 - 10.30 am	Surgical Mx of ovarian Mass in perimenopausal Age Chairpersons : Dr Shweta Shah Dr Ashwin Shah	- Dr Divyesh Shukla
10.35 - 10.55 am	Debate on Ovarian Cancer : Primary Cyto Reductive Surgery for Stage 3 Ovarian Cancer v/s Interval (Post Chemotherapy) Cyoreductive Surgery for Stage 3 Ovarian Cancer : Session Experts : Dr Haresh Shah, Dr Sachin Vani, Dr Pinaki Mahato	- Dr Shishir Shah - Dr Ankit Shah
11.00 - 11.20 am	O-RADS: A Systematic Approach to evaluating adnexal masses. Chairpersons : Dr Ajoy Valia, Dr Sheel Shah	- Dr Neha Shah
11.20 - 11.40 am	Benign Breast Diseases & Nipple Discharge Chairpersons : Dr Divyesh Shah, Dr Maya Modi	- Dr Shefali Desai
11.40 - 12.00 noon	Breast Imaging - What, When, How often Chairpersons : Dr Rupesh Shah Dr Alka Patel	- Dr Neha Shah
12.00 - 12.45 pm	Panell Discussion : CA Breast Case based approach Moderators : Dr Rajiv Bhatt, Dr Binal Shah Experts : Dr Vibha Neik, Dr D G Vijay Dr Sameer Ray, Dr Preeti Niranjani, Dr Shefali, Dr Jatin Desai, Dr Niraj Bhatt	
12.45 - 01.15 pm	Life after Mastectomy Chairpersons : Dr Vandana Patel, Dr Sushma Baxi	- Dr D G Vijay
MOC : Dr Sushma Dalal, Dr Shonali Agarwal		
Press Code is PINK		
 Supported by : APPLE Healthcare Pvt. Ltd.  APPLEVIT <i>Eva</i>  MORBON <i>Pharma</i>  APFOL GOLD		

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World Menopause Day Celebration

Indian Menopause Society

18TH OCTOBER 2021

3:30 pm to 5.30 pm

CLICK HERE TO REGISTER

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Past President, IMS



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Past Secretary, IMS

CHIEF GUEST



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President, IMS 2021-22



Dr. Sudha Sharma
Secretary, IMS 2021-22



Dr. Pushpa Sethi
Vice President, IMS 2021-22



Dr. Shubhansu Mohandas
President Elect, IMS 2022-23

GUEST OF HONOUR



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President,
Menopause Society Surat



Dr. Nargi Jodkar
Vice President,
Rajkot Menopause Society



Dr. I. R. Gohil
President,
Bharuch Menopause Society



Dr. Sushama R. Bori
Chairperson, Fertility & Ageing Committee, IMS

Topic: PREMATURE OVARIAN INSUFFICIENCY

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Vice President,
Rajkot Menopause Society



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Secretary,
Menopause Society Vadodra



Dr. Hina Popat
Secretary,
Rajkot Menopause Society



Dr. Prakash Bhatt
Past President,
SOGS

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Dr. Jyoti Shah
Treasurer,
IMS



Dr. Anjana Chaudhan
President, Ahmedabad Menopause Society



Dr. Binal Shah
President,
Menopause Society Vadodra

PANELIST



Dr. Ami Mehta
President, Rajkot Menopause Society



Dr. Tejal Shah
MD, OBGY,
Surat



Dr. K. Chellappan
MD, OBGY,
Bharuch



Dr. Jayshree Sath
MD, OBGY,
Ahmedabad



Dr. Bhavana Seth
MD, OBGY,
Bharuch



Dr. Hareesh Shah
MD, OBGY,
Vadodra

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Bharuch Menopause Society

Rajkot Menopause Society

Menopause Society Surat

Menopause Society Vadodra

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- Dr. Mukesh Patel, Secretary

- Dr. I. R. Gohil, President
- Dr. Pravinchandra Parmar, Secretary

- Dr. Ami Mehta, President
- Dr. Hina Popat, Secretary

- Dr. Asha Bharti, President
- Dr. Rupal Shah, Secretary

- Dr. Binal Shah, President
- Dr. Pallavi Satarakar, Secretary

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Flying High
With The
Wings of Menopause



26th National Conference

of Indian Menopause Society Under Aegis of Varanasi Menopause Society

Preventing The Preventable

IMSCON 2021

1st 2nd & 3rd OCTOBER 2021
VARANASI, UP, INDIA

Venue:  TAJ GANGES

WWW.IMSCON2021.COM



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Exchange of Presidential Medals



IMSCON 2021 @ VARANASI



IMSCON 2021 @ VARANASI

Varanasi Menopause Society Oration



SAFOMS Session



IMSCON 2021 @ VARANASI



IMSCON 2021 @ VARANASI



Post Conference Celebrations



Varanasi Menopause Society

Varanasi Menopause Society & Varanasi Obstetrics & Gynaecology Society Presents
Genitourinary Syndrome & Vaginal Estriol Cream
 Date: 18th October, 2021 | Time: 7:00pm Onwards

Inauguration: 7:00pm

CHIEF GUEST

PROF AMBUJA CHORANUR
PRESIDENT IIMS

GUESTS OF HONOR

DR LAXMI SHRIKHANDE
CHAIRPERSON EDUCATION COMMITTEE IIMS

SPEAKERS

DR ANURADHA KHANNA
PRESIDENT VIMS

DR NEELAM OHRI
SECRETARY VIMS

CHAIR PERSONS

DR. VIBHA MISHRA
SENIOR GYNAECOLOGIST VARANASI

DR ARCHANA SAH
SENIOR GYNAECOLOGIST VARANASI

DR DIVYA AGRAWAL
PRESIDENT VOGS

DR MAMTA SINGH
SECRETARY VOGS

MODERATOR

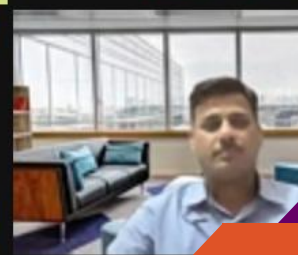
DR SHIKHA SACHAN

Scientific Session: 7.30pm - 9.00pm

SESSION 1: 7:30 - 8:00PM
TALK - 1
GENITOURINARY SYNDROME
BY DR. ANURADHA KHANNA

SESSION 2: 8:00PM - 8:30PM
TALK - 2
VAGINAL ESTRIOL CREAM
BY DR. NEELAM OHRI

8:45 PM ONWARDS
VOTE OF THANKS
DR. SHIKHA SACHAN





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



Paresh Patel

Office Assistant

Indian Menopause Society

Mobile: 99496 21094 / 88491 58739

E-Mail Id: indianmenopausesociety2020@gmail.com