Highlights

Articles on

➢ PCOS and Menopause – Dr. Ambuja Choranur
➢ Mood Swings, Anger & Hot Flashes in Menopause
  – Dr. Sudhaa Sharma

FIMS Requisites

IMS Credit Points
Message

Dear IMS Family,

The Sun circles eternally, The Moon moves eternally.
But the names of the years and months are different for the same glorious movement.

So also IMS is eternally moving, growing and expanding.

But the stewardship has different names. It started with the great president Dr. Rama Vaidya and many magnificent names followed.

I am fortunate to adorn the stewardship of IMS for 2021 to 2022 as its president, 2021-22 (Dr Ambuja).

I was fortunate enough to be bestowed upon the responsibility of Secretary General, 2021-22 (Dr Sudhaa).

We are moving on and stand humbly before you today with what we could do from our side.

This is already one year over, I took over as president of IMS 2021 – 22 at the divine city Varanasi (Dr Ambuja) & I as Secretary General (Dr Sudhaa). We have already released 5 issues of Newsletters. We are extremely delighted to release 6th issue and final issue of our tenure at IMSCON 2022, Vadodara.

During this one year so much of water has passed under the bridge.

Togetherness made us to share new experiences. We had series of scientific sessions in hither to untouched fields.

Thanks to all Chairpersons of various committees, Presidents / Chapter Secretaries of all societies, executive team, advisors and all past presidents of IMS for their comradery throughout.
Digitalization made us to reach out to nook and corner of India. Aesthetic committee under the theme of “Menopause the Eternal truth” conducted 16 webinars. Education committee imparted knowledge about the most untouched parts - “Research methodology and thesis writing”, “Usefulness of Artificial intelligence in Menopause”.

Know your mother project has hit many youngsters. They may be the future doctors, actors or engineers, the future continuing torch bearer.

Menopause connect project should go forward as a chain throughout the country connecting the needy

The dream project of IMS for a “Midlife Registry” has been launched with active enthusiastic members

Public awareness programmes were awesome. Each time more than 500 participants used to be there. Created public awareness regarding balanced diet, exercise, yoga and so on. CIMP exam was conducted successfully online with 100% results. Website was revamped. 20 TOT programs were conducted amongst all IMS Members.

It gives great satisfaction that we could establish more than 50 dedicated menopausal clinics across India. Newly formed most wanted endocrinology committee and oncology committee started working.

Another milestone achievement was to introduce IMS credit points for various achievements and Fellowship in Indian Menopause society [FIMS]. For the first year honorary fellowship is awarded for all past president as gratitude for their contribution for the growth of IMS to this gigantic proportions.

At the end we enjoyed the tenure. We could achieve all because of the enthusiasm, dedication, hard work and support of all IMS members. Thanks is a small word, Indebted to all IMS members.

LONG LIVE IMS

Dr. Ambuja Choranur
President
IMS India, 2021 – 2022

Dr. Sudhaa Sharma
Secretary General
IMS India, 2021 – 2022
### Office Bearer 2022 – 2023

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tr>
<td>President</td>
<td>Dr. Shobhana Mohandas</td>
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<tr>
<td>Vice President</td>
<td>Dr. Seema Sharma</td>
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<tr>
<td>Secretary General</td>
<td>Dr. Anju Soni</td>
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<tr>
<td>Treasurer</td>
<td>Dr. Bipasa Sen</td>
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<tr>
<td>Joint Treasurer</td>
<td>Dr. Ashwini Bhalerao</td>
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<tr>
<td>Joint Secretary</td>
<td>Dr. Jyoti Jaiswal</td>
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<tr>
<td>Immediate Past President</td>
<td>Dr. Ambuja Choranur</td>
</tr>
<tr>
<td>President Elect</td>
<td>Dr. Pushpa Shethi</td>
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<tr>
<td>Ex. Officio</td>
<td>Dr. Sudhaa Sharma</td>
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Indian Menopause Society
International Affiliations

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
Committee Chairs 2022 – 2023

Dr. Jyothika Desai
Website Committee
2021 & 2022

Dr. Savita Tyagi
Rural Committee
2021 & 2022

Dr. Laxmi Shrikhande
Education Committee
2021 & 2022

Dr. Nirmala Pipara
CSR & MHCC Committee
2021 & 2022

Dr. Vandana Narula
Digital Education Committee
2021 & 2022

Dr. Sushma Baxi
Fertility & Ageing Committee
2021 & 2022

Dr. Annil Mahajan
Research Committee
2022 & 2023

Dr. Binal Shah
Club 35+, Public Awareness Committee
2022 & 2023

Dr. Neelan Jain
Quiz Committee
2022 & 2023
Committee Chairs 2022 – 2023

Dr. Lakshmi R. Markani
Exam Committee
2022 & 2023

Dr. Maninder Ahuja
JMH Chief Editors
2022 & 2023

Dr. Yashodhar Pradeep

Dr. Jaishree Gajaraj
Aesthetic Health Committee
2022 & 2023

Dr. Manoj Chellani
Uro Gynec Committee
2022 & 2023

Dr. Tripura Sundari
Oncology Committee
2022 & 2023

Dr. V K Chellamma
Endocrinology Committee
2022 & 2023
What Is PCOS?

Does PCOS exists at menopause?

Role of genetics, epigenetics & oxidative stress in menopause.

Consequences of PCOS

Which phenotype is more prone for metabolic disorders?

Diagnosis of PCOS at menopause.

Management

What is PCOS?

• Polycystic Ovarian Syndrome (PCOS) is a disease that affects the endocrine, metabolic, and reproductive systems and manifests in the reproductive age group.

• It is a heterogenous disorder characterized by excess androgen production by the ovaries.

HOW COMMON IS THIS CONDITION?

3.7 to 22.5%
Sonia Malik, Kuldeep Jain, Pankaj Talwar, 2016
Does PCOS exist at menopause?

It is detrimental to a woman’s quality of life and results in long-term morbidity.

Role of Genetics, epigenetics & Oxidative stress
Menopausal Transition

- Androgen levels are known to remain stable or even to increase as women enter menopause,
- Estrogen levels decrease dramatically
- As women become more androgenic, several features such as IR, chronic inflammation, abdominal adiposity, and dyslipidemia tend to worsen
- Although ovarian androgen secretion capacity declines with age in both healthy women and in women with PCOS, it remains enhanced until the late reproductive years in PCOS]
- The adrenal androgen secretion also remains pronounced up to menopause in women with PCOS,
- indicating that exposure to hyperandrogenism persists for a long time in these women.
- Thus, it related to menopause and expose these women to increased health risks.
- Impaired glucose metabolism, enhanced ovarian androgen secretion, and chronic inflammation observed in premenopausal women with PCOS persist after menopause emphasizing life-long health risks related to this syndrome.
Why Metabolic consequences in menopause only? not in younger age?

Genetics- 25%

- Hallmarks of Biological Aging
  1. cellular senescence

Epigenetics 75 %

- telomere – Shortening
- 3. DNA damage – oxidative stress
- 4. immune senescence

Epigenetics -

- Epigenetics is how behaviors and environment can cause changes that affect the way genes work. Unlike genetic changes, epigenetic changes are reversible and do not change DNA sequence, but they can change how body reads a DNA sequence.
- Epigenetics Modify the gene expression

1. Cellular senescence

normal cell has limited replicative potential and eventually irreversible growth arrest - senescence
Cell divides about 50 to 70 times
Each time cell divides telomere shortens.
DNA damage leads to mitochondria damage
2. Telomereshortening

Long telomere
Healthy living

shorter telomeres;
early death or NCDs.

What are Telomeres?

- Telomeres are pink protective pieces of DNA material at the ends of chromosomes. Like the PLASTIC TIPS ON SHOELACES, telomeres prevent chromosome ends from fraying and sticking to each other, which would damage genetic information to cause CANCER, NCDs or PREMATURE AGEING.

Epigenetics – DNA damage

Mitochondria & oxidative stress

- Mitochondria are **power house of energy**, metabolises organic & inorganic substances to H2o and CO2
- In this process reactive oxygen species form –super oxide and H2O2- damages DNA
- Mitochondria – acts like scavenger and removes,
- Mutation of Mitochondrial DNA or damage due to epigenetics leads to Immunosenescence and NCDs
Consequences of PCOS– oxidative stress - ROS

PCOS: ↓Estrogen and SHBG, ↑androgens
Menopause: Aging, ↓estrogen and SHBG, relative hyperandrogenism

- ↓Progesterone
- ↓SHBG, ↑androgen/estrogen
- ↑Upper airway collapsibility, ↓Chemosensitivity to O₂/CO₂

- Obesity/Visceral adiposity
- Insulin resistance
- Altered adipokine secretion
- Pro-inflammatory cytokines
- Chronic inflammation

- Hypertension
- Type 2 diabetes
- Dyslipidemia
- Metabolic syndrome
- Atherosclerosis
- Endometrial cancer
- Obstructive sleep apnea
- Mood disorders

- Impaired redox status
- Impaired fibrinolysis
- Endothelial dysfunction
- Arterial stiffness

WHICH TYPE OF PCOS DO YOU HAVE?

Hyperandrogenic, IR, obese PCOS – more metabolic complication
Diagnosis of PCOS at menopause

- At menopause, the criteria to diagnose a woman with PCOS no longer becomes applicable, as the cardinal features disappear.
- Menses cease, ovarian morphology changes and the volume reduces, testosterone levels may no longer be higher.
- All women with PCOS experience increasing insulin resistance and abdominal adiposity along with chronic inflammation and dyslipidemia with age, and a specific increase in LDL across the menopausal transition.

YOU CAN BE SUFFERING FROM PCOS IN MENOPAUSE IF.....

- There is a past diagnosis of PCOS, a long-term history of irregular menstrual cycles and hyperandrogenism and/or PCOM, during the reproductive years.
- Continuing evidence of hyperandrogenism.
- Postmenopausal women presenting with new-onset, severe or worsening hyperandrogenism including hirsutism, require further investigation to rule out androgen-secreting tumors and ovarian hyperthecosis.
- Clinical presentation of PCOS at menopause is limited to physical features of hyperandrogenism

Senescence- Obesity -& Diabetes

With age, cells become less accurate at detecting the amount of glucose or fat that's in the body, so some fats and sugars don't get properly processed. Aging cells accumulate an excessive amount of fats not because older people ingest a lot of fat, but because cells don't digest it properly. This can affect the insulin and IGF-1 pathway, which play a role in diabetes.
INSULIN RESISTANCE AND TYPE2 DIABETES

- Hyperinsulinemia has been seen in postmenopausal women with PCOS.
- Metabolic alterations such as insulin resistance after menopause, makes them more susceptible to type 2 diabetes mellitus.

DYSLIPIDEMIA

<table>
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<tr>
<th>Lipids</th>
<th>Values</th>
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<td>Total Cholesterol (TC)</td>
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<td></td>
<td>200-239</td>
<td>Borderline</td>
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<tr>
<td></td>
<td>≥ 240</td>
<td>High</td>
</tr>
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<td>LDL-cholesterol (LDL-c)</td>
<td>&lt; 100</td>
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<tr>
<td></td>
<td>100-129</td>
<td>Desirable</td>
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<td></td>
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<td></td>
<td>≥ 190</td>
<td>Very High</td>
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<tr>
<td>HDL-cholesterol (HDL-c)</td>
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<td>Low</td>
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<td></td>
<td>&gt; 60</td>
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<tr>
<td></td>
<td>&lt; 150</td>
<td>Ideal</td>
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<td>Triglycerides (TAG)</td>
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<tr>
<td></td>
<td>201-499</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td>≥ 500</td>
<td>Very High</td>
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</table>

Dyslipidemia is more prevalent in the postmenopausal women with PCOS than without PCOS

CARDIOVASCULAR RISK

In a subgroup of PCOS women, with high androgen levels after menopause, the cardiovascular risk remains increased and may affect the morbidity.
Management

- Due to its heterogeneous nature, effective management of PCOS needs a sustained, multi-pronged strategy with inter-disciplinary expertise, based on strong evidentiary framework to guide the standardization of care.
- To raise awareness of MS in pcos women
- Risk assessment in asymptomatic women
- Screening
- Preventive strategies
- Treat the disease.

Menopause-Risk Assessment Models

- Vasomotor symptoms-menopause rating scale
- BMI chart—obesity: waist circumference -visceralobesity
- CVD -risk assessment - WHO SEAR D
- DVT – risk assessment
- Osteoporosis -risk assessment-OSTA
- Who fracture risk assessment tool (FRAX)
- Muscle health is assessed by the SARC-F, a 5-item questionnaire
- BREAST -RISK assessment-GAIL
Preventive strategies

Aerobic 30mts

Exercise sensitizes the body for insulin action. Best, safest, cheapest and most effective.
When to start – 35 yrs,
Compliance is imp

Resistance
On & off

Yoga 30 mts

Meditation 30 mts
KEY MESSAGES

- It is important to understand is that although the name refers to the ovary, the condition is a systemic one.

- it involves other systems.

- Androgen excess favors the development of abdominal adiposity, insulin resistance, compensatory hyperinsulinism and further androgen excess in women with PCOS, in a vicious circle that predisposes these women to metabolic dysfunction and cardiovascular risk.

- The phenotype of PCOS plays an important role in determining the cardiometabolic risk in patients with the syndrome.

- Vigilance in women with hyperandrogenism and PCOS or a history of PCOS for optimal screening of additional risk factors for cancers as a part of menopause work up. Persistent thickened endometrium and/or risk factors including prolonged amenorrhea, abnormal vaginal bleeding or excess weight need to be investigated.

- Therapeutic strategies currently in use for PCOS, including lifestyle modification, antiandrogens and insulin sensitizers are used throughout the lifespan such that these women enter menopause with a healthy metabolic profile.
We are pleased to share with you the Result of Online CIMP Examination 2022 which was held on 13th February 2022 (Sunday).

- Total No. of Candidates appeared: 92
- Total No. of Candidates cleared the Exam: 92
- Renewal Applications: 06
- TOTAL Candidates for the Year 2022: 98

**TOP 3 Rankers**

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<th>Rank</th>
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<tr>
<td>1st Rank</td>
<td>1. Dr. Farwa Fairy Niyaz</td>
</tr>
<tr>
<td>2nd Rank</td>
<td>1. Dr. Chaitali Tanmay Patel</td>
</tr>
<tr>
<td></td>
<td>2. Dr. Anju Gupta</td>
</tr>
<tr>
<td></td>
<td>3. Dr. Rama Shrivastava</td>
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<td>4. Dr. Kiranjeet</td>
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<td>5. Dr. Meenakshi Ahuja</td>
</tr>
<tr>
<td>3rd Rank</td>
<td>1. Dr. Gurneeta Kaur Bhalla</td>
</tr>
<tr>
<td></td>
<td>2. Dr. Jyoti Bhaskar</td>
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Mood Swings, Anger & Hot Flashes in Menopause

Dr. Sudhaa Sharma

Behind every menopausal woman stands a man who has no idea what he did wrong –

Leave it or take it

Menopause
A relatively long period in a woman’s life with changes starting from ovaries and affecting each and every part from tip to toe resulting in
Psycosomatic,

Psychological and

Behavioral symptoms

Anger
Strong feeling of annoyance, displeasure or hostility. Anger is a reflection of realities burn out, loss of femininity, passion killer, Hot Flashes, Lack of sleep, unstable moods.

Mood Swings
Mood swings include irritability, depression, anxiety, insomnia & crying spells. Nearly 23% go through mood swings during this phase.
Those who have unsatisfactory relationship with loved ones or suffering from some disease or not occupied physically / mentally, alone.

Anxiety about aging, stress, losing attention from husband can make her upset with mood swings.

Most common can present as mood swings, Anger & Hot Flushes in Menopause

- Vasomotor disorders.. hot flushes, 
- Insomnia, mood swings 
- Urogenital symptoms 
- Sexual...decreased libido 
- Obesity 
- Aches and pains 
- Depression and emotional psychosis

Hot Flushes

Hey.....
There I am.....
Red hot with anger & who else be my sandbag than you
– My Dear Husband
Most common symptoms experienced during transition to and through menopause.

**Incidence**

Incidence ↑ during late perimenopause highest during first 2 yrs. PM, then declines, some experience for → 10 years.

According to the study conducted by IMS – Vasomotor Symptoms were reported by 75.3% (1,211 out of 1801) of the woman.¹

**Risk Factors**

- **BMI** - Adipose tissue → hormones (leptin, tumour necrosis factor-a)
  - Suppresses ↓ ovarian steroid production
  - may influence thermoregulation.²

**, RACE AND ETHNICITY** - Research in Japan shows high dietary intake of **soy** (relative to western countries)

**Might be** a cause of fewer hot flushes than in US, Canada and UK.³
SMOKING – cigarette smoking might alter estrogen metabolism

CARDIOVASCULAR RISK – Women who report hot flashes were found to have high intima media thickness.

GENETICS 4, 5

Hot flush

Subjective sensation of heat and sweating most notably on the upper body associated with objective signs of cutaneous vasodilatation a subsequent drop in the core temperature.

Can occur day and night

- Each episode lasts for 3 to 10 mints
- may be associated with sweating, flushing, palpitations, anxiety, irritability, anger and mood swings.
- Some may experience fainting and dizziness.
- At the onset of hot flash there is sudden increase in sweating
- Heart rate also increases by 5 to 25 beats.

Initially there ↑ in tempt in finger, neck and face

↓

Sudden & rapid ↑ in heat loss & ↓ in core body tempt.

Hot flashes can have negative impact on quality of life by causing mood swing, anger & disturbed sleep.
Pathophysiology

The physiological mechanisms of hot flashes are still unknown but appear to involve THERMOREGULATORY AND NEUROCHEMICAL disruptions. Very little research has been done on the subject.

One long standing assumption – caused by changes in hormones and their affect on the brain, autonomic nervous system and vasculature.

Thermoregulatory

Thermoregulatory nucleus is located in the preoptic area of the hypothalamus. It is for maintaining homeostatic temperature in the body.

- Excess sweating occurs at higher-than-threshold point
- and shivering occurs at lower than-threshold point.

Neurochemical Disruption
Estrogen, commonly implicated neurochemical involved.

Estrogen appears to stabilize thermoregulatory disruption.

- **CGRP (Calcitonin gene related peptide)** is a naturally occurring 37–amino acid neuropeptide.
  - It is widely distributed in the central and peripheral nervous system.
  - CGRP has been found higher in women with vasomotor symptoms
  - Thus suggesting that CGRP may be the mediator of vasodilator signals originating from the thermoregulatory centre.  

**Conflicting Points**

- All PMF have declining estrogens, yet few have hot flushes.
- there may be due to possible association between genetic polymorphism & VMS
How to COPE UP?

- Life style modifications
  - Staying in cold environment
  - Drinking cold drinks, bathing in cold water
  - Using fans, cotton sheets
  - Wearing appropriate breathable cotton clothing

- Avoidance of triggering factors
  - Caffeine, Tea
  - Hot Beverages
  - Alcohol
  - Smoking
  - Stress
  - Spicy Food

Stress Reduction

- Paced breathing.
- Yoga
- Meditation
- Acupuncture
- Acupressure
- Self-calming activities like yoga, meditation, pranayam, walk in garden deep breathing exercises
- Enough sleep-6-8 hours
- Engage in a creative outlet that fosters a sense of achievement
- Avoid tranquilizers and alcohol
- Stay connected to your family
- Nurture your friendships
When to seek help-

- Extreme situations
- Making it difficult to participate fully in life
- Mood swings related to menopause prolong for 4-5 yrs. slowly they ↓ in frequency and intensity.
- Some may report for long.
- Keep a diary of your mood swings including any possible triggers,
- Daily activities/stressful situations
- Antidepressants
- Psychotherapy
- Short term HRT [to rule out contraindications]
- Lifestyle management

Exercise

- Aerobic & weight bearing exercises
- Reduction in nearly 50% of cases
- Optimal exercise is at least 150 minutes of moderate intensity per week
- Weight loss

Pharmacotherapy

- MHT remains the most effective 1st line therapy for vasomotor symptoms
- Oestrogen alone (in hysterectomised) women or in combination with progestogens (with uterus) is the gold standard.
- There is no reason to place a mandatory limit on the duration of MHT
- Dose & duration of MHT should be consistent with treatment goals
- Whether or not to continue should be at the discretion of the well informed woman & her health professional
- Offer women (who want to stop HT) a choice of gradually reducing or immediately stopping treatment which makes no difference to symptoms in long terms.
Tibolone (STEAR)

- Synthetic gonadomiometric with estrogenic, progestogenic, and androgenic properties.
- Has been found effective in vasomotor symptoms
- Dosage 2.5 mg

Bazedoxifene / CEE

- Drug combination Bazedoxifene / CEE approved by FDA for treatment of vasomotor symptoms and osteoporosis
- BZA component act as antagonist on endometrial tissue
- BZA, 3rd generation SERM (20mg) has been combined with CEE (0.45mg) to create TSEC(Tissue selective estrogen complex) for management of vasomotor symptoms and prevention of osteoporosis

NON HORMONAL TREATMENT

- Non Hormonal medications like Selective Serotonin re-uptake inhibitors SSRI
- Serotonin nor epinephrine re-uptake inhibitors
- Clonidine should not be offered as first line treatment for vasomotor symptoms alone
- Isoflavones or black cohosh may relieve vasomotor symptoms
- Multiple preprations are available but their safety is uncertain
- Interactions with other medicines have been reported

Non Hormonal

PAROXITINE (7.5mg) is only FDA approved formulations for management of vasomotor symptoms
To Summarise

- Dear menopausal friends, Look at your life with a different prospective
- Your bleeding problems are over – Huge Relief
- No fear of pregnancy, throw away your contraceptives & enjoy sex life
- Your children though are away, have become independent & achieved the best

– It’s time to celebrate

- Explore your hobby, which you wanted to do but could not because your young brain kept reminding you of your responsibilities.
- Eat, what is right for your age, more proteins, fruits and vegetables, less fat & carbohydrates.
- Take supplements, do exercise, have a good sleep and meet old friends.

Live your life to the fullest.

Try to practice detachment with attachment and enters second adulthood & Age Gracefully

References

Requisites for FIMS

(Fellowship of Indian Menopause Society) Award

1. Applicant should be a life member of IMS for > 10 years.

2. Applicant should be a MBBS Doctor with post graduate Degree in their respective field.

3. Must have cleared CIMP examination which gives him/her to get 20 credit points (Preference is being given for those candidates who have cleared CIMP)

4. Applicant should have contributed to the society through conducting webinars / awareness programs? CME, zonal conference. Minimum 10 in number.

5. Minimal credit points to apply for FIMS should be at least 100.

6. Applicant must have attended at least 5 IMSCONs.

7. Applicant must have had presented 2 posters / papers in either at Zonal Conference or IMSCON.

8. Must have contributed at least 2 chapters in books.

9. Applicants should submit recent photographs, copy of Aadhar Card, attested copy of Degree certificates, Registration Certificate, updated CV and a copy of Life membership certificate of IMS.

10. Applicants should also submit her/his professional achievements in 300 words to be scrutinized by at least two previous fellows of the society.

11. Only 10 Fellowships should be awarded per year.

12. One Fellow (FIMS) can nominate maximum of 3 candidates in a year.
13. Fellowship scrutiny committee would consist of
   A. Founder President of FIMS
   B. Immediate past president
   C. President-elect
   D. Current President
   E. Current Secretary General

14. Current President and current secretary general should scrutinize the candidates in 1st week of December.

15. Applicant will submit, sum of Rs. 10,000/- (Rupees Ten Thousand only) as Fellowship fees, once they are selected for the award.

16. This amount will be deposited as FIMS account under IMS (Treasurer should see to this as a separate account)

17. Current Secretary General should intimate the candidates list to organizing secretary of IMSCON 1 month prior to the dates of IMSCON.

18. Before being nominated, applicants should declare that he / she has no legal proceeding against her / his not convicted for any reason.

19. Applicant should be free from any scandal for scientific misconduct / publicity misconduct or plagiarism at any given time during his / her career.

20. Honorary fellowship awards will be given to distinguished persons in the field of menopause either Indian or Foreign origin, but at the same time they will not carry any voting rights neither they can compete for any post in IMS. No Fellowship fees will be given by them.
FIMS Awardees 2021-22
Various Criteria for the Credit points:

- ½ day CME - 1 Credit Point
- Full day CME - 2 Credit Points
- ½ day Workshop - 2 Credit Points
- Full day Workshop - 4 Credit Points
- For Attending IMSCON - 10 Credit Points
- For Attending Any International Conference - 15 Credit Points

Committee for this:

- Founder President
- Current President
- Current Secretary General
- President Elect
- Chairperson of Education committee
- Chairperson of Research Committee

Also informed that these Credit Points will be counted for contesting in any post in IMS.

- Ex: For the post of Chairperson for any committee 50 credit points
- For becoming a committee member 20 Credit points

Certificate for attending IMSCON to be collected physically by the particular registered person in order to get the credit points.
Virtual Handing Over

INDIAN MENOPAUSE SOCIETY
Welcome you to live Webinar on
General Body Meeting (GBM) with Handing Over Ceremony & Cultural Event by Club 35+ Committee, IMS
Saturday, 26th March 2022 | from 5:00 PM to 7:00 PM

OFFICE BEARERS 2021–22
Dr. Ambuja Choranar
President
Dr. Pushpa Sethi
Vice President
Dr. Jyoti Shah
Joint Secretary
Dr. Jignesh Shah
Registrar

OFFICE BEARERS 2022–23
Dr. Shobhna Mohandas
President
Dr. Prasanna Sethi
Vice President
Dr. Bipasa Sen
Joint Secretary
Dr. Anju Sen
Registrar

Digital Partner

Club seventy plus
North
West
Centre
South
East

Pan India Study on incidence of hot flushes
IMS zonal conference (North) and 4th State Conference of Raipur Menopause Society was organised on 14th & 15th May 2022 at Hotel Babylon capital Raipur under leadership of IMS president Dr C Ambuja and Dr Sudhaa Sharma. There were 20 national faculties and 115 delegates. National faculties who attended the conference were Dr C Amuja, Dr Atul Munshi, Dr Neelam Agarwal, Dr Pushpa Sethi, Dr Sudhaa Sharma, Dr Laxmi Rathna, Dr Annil Mahajan, Dr Revathy Janakiram, Dr Ragini Agarwal, Dr Sonal Bathla, Dr Priti Dhamija, Dr Anupama Bhute, Dr Hephzibah Kirubamani, Dr Swaraj Naik, Dr Pragya Dhirawani, Dr Kavita Mandrelle.

RMS oration was delivered by organising chairperson and president of Raipur menopause society Dr Manoj Chellani. Chief guest for the conference was Dr C Ambuja – President, Indian Menopause Society and Guest of honour was Dr. Sudhaa Sharma and Dr Pushpa Sethi. Scientific chairperson was Dr Jyoti Jaiswal and conference secretary were Dr Monika Pathak and Dr Gurpreet Kaur. Conference was preceded by preconference workshop on prevention of cancer cervix.

There was poster and paper presentation session on both days in morning. There were 11 papers and 8 posters and it was judged by senior national faculties Dr Atul Munshi, Dr Neelam Agarwal, Dr C. Ambuja, Dr Sudhaa Sharma, Dr Anil Mahajan.

Quiz was conducted in which 18 candidates took part. On this occasion Quiz award was announced by IMS Quiz committee chairperson Dr Jyoti Jaiswal for Quiz winner of Raipur menopause society, which is named as Dr Jyoti Jaiswal Quiz Award. The corpus fund of Rs. 25,000/- was donated to Raipur Menopause Society, This announcement was done by president Dr C Ambuja during inaugural session.
Conference was inaugurated by chief guest and president of Indian Menopause Society Dr C Ambuja. Guest of honour were president elect IMS Dr Pushpa Sethi and Secretary General IMS Dr Sudhaa Sharma. Founder president and patron of RMS Dr Abha Singh graced the occasion. Dr Manoj Chellani, President RMS and organising chairperson welcomed the August gathering. Theme of conference was "preventive and therapeutic strategies for healthy aging"

Every year at RMS Annual conference, RMS oration is given by the president of Raipur menopause society, This year it was bestowed upon Dr Manoj Chellani. He gave oration on "The link between menopause and gender inequality at work".

There were 2 keynote addresses given by Dr C Ambuja and Dr Abha Singh.

There were one oration, 4 panel discussions and 2 keynote addresses and many symposium, which covered medical and surgical aspects of management of menopause. The holistic approach of menopause was also covered including nutrition, lifestyle management, mental health and aesthetic and skin care.

There was a public forum in the evening to sensitize the doctors for extended social responsibilities towards the adoption of villages and old age home.

There was a grand cultural evening in which faculties and delegates from all over India participated. Heartfelt thanks to President Dr C Ambuja and Dr Sudhaa Sharma, secretary general IMS, for giving Raipur menopause society to hold this conference.
Raipur Zonal Conference
## Local Society Presidents 2022 – 2023

<table>
<thead>
<tr>
<th>Name</th>
<th>City</th>
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<tbody>
<tr>
<td>Dr. Ratna Sharma</td>
<td>Agra</td>
</tr>
<tr>
<td>Dr. Anjana Chauhan</td>
<td>Ahmedabad</td>
</tr>
<tr>
<td>Dr. Anjula Sahai</td>
<td>Allahabad</td>
</tr>
<tr>
<td>Dr. Sangeeta Pahwa</td>
<td>Amritsar</td>
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<tr>
<td>Dr. Sheela Mane</td>
<td>Bangalore</td>
</tr>
<tr>
<td>Dr. Anil Kumar</td>
<td>Bhagalpur</td>
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<tr>
<td>Dr. L. R. Gohil</td>
<td>Bharuch</td>
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<tr>
<td>Dr. Shashi Shrivastava</td>
<td>Bhopal</td>
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<tr>
<td>Dr. Lakshmy S.</td>
<td>Faridabad</td>
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<tr>
<td>Dr. Reeti Mehra</td>
<td>Chandigarh</td>
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<tr>
<td>Dr. Hephzibah Kirubamani</td>
<td>Chennai</td>
</tr>
<tr>
<td>Dr. Reena Ahmed</td>
<td>Dibrugarh</td>
</tr>
<tr>
<td>Dr. Anita Kant</td>
<td>Faridabad</td>
</tr>
<tr>
<td>Dr. Surheeta Karim</td>
<td>Gorakhpur</td>
</tr>
<tr>
<td>Dr. Suman Yadav</td>
<td>Gurugram</td>
</tr>
</tbody>
</table>
Local Society Presidents 2022-23

Dr. Dilip Kumar Sarma
Guwahati

Dr. E. Prabhavati
Hyderabad

Dr. Kawita Bapat
Indore

Dr. Pragya Dhirawani
Jabalpur

Dr. Shubha Shethia
Jaipur

Dr. Seema Pasricha
Jalandhar

Dr. Anil Mehta
Jammu

Dr. Renu Makwana
Jodhpur

Dr. Kiran Pandey
Kanpur

Dr. Jayanta Kumar Gupta
Kolkata

Dr. Yashodhara Pradeep
Lucknow

Dr. Kavita Mandrell Bhatti
Ludhiana

Dr. Geetha Balsarkar
Mumbai

Dr. Kshama Kedar
Nagpur

Dr. Beant Singh
Patiala
## Local Society Presidents 2022-23

<table>
<thead>
<tr>
<th>President</th>
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<tbody>
<tr>
<td>Dr. Renu Rohatgi</td>
<td>Patna</td>
</tr>
<tr>
<td>Dr. Parag Biniwale</td>
<td>Pune</td>
</tr>
<tr>
<td>Dr. Manoj Chellani</td>
<td>Raipur</td>
</tr>
<tr>
<td>Dr. Amee Mehta</td>
<td>Rajkot</td>
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<tr>
<td>Dr. Darpana Trivedi</td>
<td>Surat</td>
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<tr>
<td>Dr. Kaushal Chundavat</td>
<td>Udaipur</td>
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## Local Chapter Secretaries 2022 – 2023

<table>
<thead>
<tr>
<th>Secretary</th>
<th>City</th>
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<tbody>
<tr>
<td>Dr. Nirmala Gupta</td>
<td>Ajmer</td>
</tr>
<tr>
<td>Dr. Abhaykumar Pattanaki</td>
<td>Cuttack</td>
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<tr>
<td>Dr. Meenakshi Ahuja</td>
<td>Delhi</td>
</tr>
<tr>
<td>Dr. Khozema Saify</td>
<td>Gwalior</td>
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<tr>
<td>Dr. Alok Sharma</td>
<td>Shimla</td>
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</table>
27th National Conference of Indian Menopause Society

HOSTED BY
MENOPAUSE SOCIETY VADODARA
UNDER AEGIS OF
INDIAN MENOPAUSE SOCIETY

IMSCON 2022
3rd to 5th June, 2022 | VADODARA

Theme: HEALTHCARE LANDSCAPE FOR 50+
Venue:
Grand Mercure Suryapalace Hotel

WORKSHOPS
- Minimal Access Surgery
- Uro Gynec, Vaginal Rejuvenation,
  Colposcopy
- Ultrasound in Gynec & Infertility

ORATION | EXPERT TALKS
PUBLIC AWARENESS | PANEL DISCUSSIONS | DEBATE
| FREE PAPERS | QUIZ

IMS CREDIT POINTS
Email: menopausevadodara@gmail.com

TOUR TO STATUE OF UNITY
on 2nd JUNE
LIVE OPERATIVE GYNECOLOGY WORKSHOP IMSCON National Conference

Hosted by Menopause Society Vadodara
In association with IAGE GUJARAT CHAPTER,
Aesthetic Committee IMS, Urogynec Committee IMS

on 3rd June, relayed at Suryapalace Hotel, Vadodara.
Surgery at ISHA Hospital

Dr Sanjay Patel
Dr Divyesh Shukla WORKSHOP CONVENOR
Dr Deepak Limbachiya
Secretary - IAGE Gujarat Chapter

Dr Mahesh Gupta
Chairman - IAGE Gujarat Chapter

Dr Haresh Waghasia

Dr Sujal Munshi

Dr Binal Shah

Dr Riddhi Shukla

Dr Anjana Chauhan

Dr Subash Mallya Chairperson FOGSI Endoscopy Committee 2021-24

Dr Ragini Agrawal Chairperson Aesthetic Committee IMS

Dr Hara Pattnaik Chairperson Urogynec Committee IMS

Dr Harsh Shah Jt Convener

Cases to be demonstrated*

- Advance LAPAROSCOPY (complicated TLH, prolapse surgery, Radical lap Hysterectomy )
- Office & operative HYSTEROSCOPY, NDVH, TOT, Vaginal Rejuvenation (labiaplasty, Lasers, Fillers)
- Colposcopy (with staining techniques )will be demonstrated

* as per availability

OT Co-ordinator
- Dr. Shilip Shukla
- Dr. Shailesh Talati
- Dr. Swar Shah

Workshop Co-ordinator
- Dr. Archana Dwivedi
- Dr. Meenakshi Patel
- Dr. Shweta Shah
27th National Conference of Indian Menopause Society

IMSCON 2022 @ Vadodara

Venue: Grand Mercure, Surya Palace Hotel, Sayajigunj, Vadodara

MASTER CLASS SERIES IN GYNEC ULTRASOUND
LIVE WORKSHOP BY EXPERTS

03.06.2022 I 8.00 - 10.00 am

Dr. Sridevi
Topic: MUSA, Consensus Fibroids, Adenomyosis & Adnexal Mass...

Dr. Sonal Panchal
Topic: Subfertility in older...

Live Demo on Fibroids, Adenomyosis, Adnexal Mass, Folliculometry

04.06.2022 I 8.00 - 10.00 am

Dr. TLN Praveen
Topic: IETA and Post Menopausal Bleeding

Dr. Narendra Malhotra
Topic: Gynec USG systematic approach International Deep Endometriosis Classification (IDEA)

Live Demo on Endometrioma, Deep Endometriosis - Uterine Malignancy

05.06.2022 I 8.00 - 10.00 am

Dr. Mala Sibbal
Topic: IOTA

Dr. Ashok Khurana
Topic: Role of 3D / 4D in Gynec. USG

Master Class: 05.06.2022 I 2.00 - 3.30 pm

Dr. Ashok Khurana
Topic: USG in Pelvic floor displacement & 3D/4D Hands on Master Class

Workshop Convener

Dr. Ajay Valia

Workshop Coordinators

Dr. Alka Patel
Dr. Sheel Shah

Powered by GE Healthcare
Forthcoming Conferences

National IMSCON:
28th National Annual Conference @
Calicut on 17th to 19th February 2023.

IMS Zonal Conferences:
1. South Zone Conference @ Chennai on
   6th – 7th August 2022.
2. East Zone Conference @ Gorakhpur on
   17th – 18th September 2022.
3. West Zone Conference @ Jaipur on
4. North Zone Conference @ New Delhi on
   11th – 10th December 2022.
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
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E-Mail Id: indianmenopausesociety2020@gmail.com