

Calicut Chapter

Chapter Secretary – Dr. Shobhana Mohandas

January 2011, Public Awareness meeting, An awareness talk on menopause and related problems were given to residents of Hari Nagar, Thrissur. 40 women attended the programme and took part in a lively discussion.



Club 35 activity

30th January 2011, free dental check up given by Dr.Gigi Manoj with a talk on common dental problems given by Dr.Manoj Bhaskar at Medlife clinic as an activity of Club 35 plus. About 30 members attended.



8th February 2011 A free BMD - Calcaneal ultrasound camp to determine Bone mineral density was conducted at Elite Mission Hospital. 20 women availed of the facility and osteoporotic women were given appropriate advice by Dr.Shobhana Mohandas.



May 2011, Academic activity: A continued Medical Education Programme was conducted by Calicut Menopause society at Hotel Hyson towers. Dr. Chellamma V.K. was chosen to be the next secretary of the Indian Menopause Society from June 2011. The academic programme was as follows:

Lifetime consequences of early menopause: Dr. T Narayanan, Professor and HOD, Dept. of O&G, Malabar Medical College, Calicut.

HRT and coronary heart disease: Dr. Chellamma .V.K, Professor of OG, Medical College, Calicut.

Uro-gynaecological problems at menopause: Dr. Poulose Chally, Consultant Urologist, Baby Memorial Hospital Calicut.

“Dry eye syndrome” in menopause: Dr M. K. valsan, Professor and HOD, O&G Dept. MES medical College, Perinthalmanna.

Management of hot flushes in menopause Dr. Chellamma.V.K., Professor, O&G, Calicut Medical College.

Ppanel discussion. Topic : Gynaecological problems during menopause

Moderator Dr. Shobana MohanDas, Consultant Gynaecologist Elite hospital Thrissur

Pannelists, Dr. M. K Valsan, Dr. T Narayanan Dr. Ajitha P.N.

June 2011: Club 35 Activity:

A talk on diabetes was given by Dr. Udayabhanu on 19th June at Elite Mission Hospital, Thrissur. About 60 women attended the programme. BP checking and weight assessment was done for 17 club 35 members.