ACTIVITIES OF CALICUT MENOPAUSE SOCIETY
APRIL TO JUNE 2022
Election of New Office bearers of CMS and CME ON MIDLIFE HEALTH was held on April 10\textsuperscript{th} 2022

Speakers

Borderline Decisions in Hysterectomy at Perimenopause
Dr. Shobhana Mohandas

Mental Health – Challenges in Midlife
Dr. Suresh Kumar P.N

Midlife issues – Case based Panel discussion
Moderator - Dr. Ajith S
New team of Calicut Menopause Society (2022-2023)

- President: Dr. Lakshmy S
- Vice Presidents: Dr. Jeena Baburaj, Dr. Amrutha Ramachandran
- Secretary: Dr. Mumtaz P
- Joint Secretary: Dr. Sheeba T Joseph
- Treasurer: Dr. Subhash Mallya
- Joint Treasurer: Dr. Smitha Santhosh
INVITATION
CME on MIDLIFE HEALTH
Organised By:
CALICUT MENOPAUSE SOCIETY

Venue: Hotel Hyson Heritage
Date: 16th April 2022
Time: 10am to 1.30pm

Dear Friends,

Greetings from CMS.

It is with great pleasure that we invite you for the first Physical Meeting of the year on “MIDLIFE HEALTH” on 16th April at Hotel Hyson Heritage, Calicut. We have very eminent faculty to enlighten us on various problems of Midlife. Looking forward to your valuable presence & participation.

Dr. Ajitha, P.N
President, CMS

Dr. Lakshmy, S.
Secretary, CMS

PROGRAMME

10 am - 10.30 am
Business Meeting
Election of Office Bearers

10:30 am - 11:15 am
Hysterectomy: Borderline decisions in Perimenopause
Dr. Sobhana Mohandas
(Consultant Gynaecologist & Laparoscopic Surgeon,
Sun Medical Centre, Thrissur
President, CMS)

Chairpersons: Dr. V.K. Chelamma
Dr. Joythi Chandran

11:15 am - 12 noon
Mental Health: Challenges in Midlife
Dr. P. N. Suresh Kumar
(Professor Psychiatry, KMCT Medical College)
Chairpersons: Dr. Subhashini, K
Dr. Beena Gihan

12 noon - 1:30 pm
Panel Discussion
Issues in Midlife: A case based discussion
Moderator: Dr. Ajitha S
(Professor & HOD, GMC Kozhikode
President, FOG)

Panelists:
Dr. Sajitha Veelvally
Dr. Ajitha Babu
Dr. T. Nair
Dr. Anil Mathew
Dr. Bala Nandan

1:30 pm
Lunch

Supported By:

Torrent Pharma

De Vry Sr

Shethal-900

De Vry Sr

Ecobourse
Visit to Old age home on 23/5/22

• Members of CMS visited old age home ‘Sneha Bhavan’ with 33 inmates. All of them were destitutes over 50 years, some with severe handicap.
• Donated a LPG stove and spent some time entertaining them.
Participation at IMSCON 2022
(June 3,4,5)

• Dr. Shobhana Mohandas, Founder President of CMS was installed as National President

• Dr. V.K Chellamma gave a talk on Isoflavones

• Dr. Ajitha PN- Panelist on “Are Surgeons born or made”

• Dr. Lakshmy S- Panelist in Urogynecology

• Dr. Subhash Mallya- Faculty in Endoscopy Workshop
World Elder Abuse Awareness Day
15th June 2022

- Members of CMS visited old age home ‘Sneha Bhavan’ on this day and distributed food and snacks to the inmates
- Had some fun time singing and dancing with them
Webinar on Care of the elderly
15th June 2022

- Conducted Webinar in connection with World Elder Abuse Awareness Day from 7pm to 9pm

Speakers were

- Sub Judge Shyjal MP - Legal aspects of Elderly Abuse
- Dr.Chandni R - Diabetes in Perimenopause
- Dr.Remya A - Screening for Malignancy in Elderly women

Programme

7:00PM: Welcome address Dr. Lakshmy S
President, Calicut Menopause Society

7:05PM: Address by Chief Guest
Dr. Shylaja Mohanadas National President, WMS

7:20PM: 1. Legal Aspects of Abuse against Elderly - Must Know Facts for all
Speaker: Adv. Shyjal M.P. Sub Judge/Secretary District Legal Services Authority, Kochi
Chairs: Dr. Ajith P.M. Consultant Gynaecologist & Laparoscopic surgeon, Calicut
Dr. T.Anita: Professor of OB, WIMS, Wynaad
Dr. Bindu V.K. Additional Professor OB, GMC, Kochi

7:50PM: 2. Diabetes in Perimenopause - Where do we stand?
Speaker: Dr. Chandini R, Prof & HOD, Emergency Medicine
GMC, Kochi
Chairs: Dr. Chittamma V.K., Professor and HOD of OB, RMCT Medical College
Dr. Sejalaa V.G., Additional Professor OB, GMC, Kochi
Dr. Lisha Gavind, Associate Professor OB, RMCT Medical College

8:20PM: 3. Screening for Malignancy in Elderly Women. What should we know?
Speaker: Dr. Remya A, Consultant Gynaecologist, Aster MIMS, Calicut
Dr. Jeena Baburaj Consultant Gynaecologist, Vagatora
Dr. Bala Dukla Consultant Gynaecologist, Cooperative Hospital, Kochi
Dr. Jayesree R, Additional Professor OB, GMC, Calicut

8:50PM: Vote of thanks
Dr. Mamtiz R, Secretary Calicut Menopause Society
International Yoga day
21\textsuperscript{st} June 2022

- Was jointly observed by CMS, COGS & WDW at IMA hall, Kozhikode under the guidance of Yoga Instructor Mrs. Risha.
Other CMEs attended by CMS members

Faculty at AKCOG 2022 – Dr.Lakshmy S and Dr.Ajtha PN were panelists in a panel by Dr.Shobhaba Mohandas - Hysterectomy Borderline decision in Perimenopause. Dr.V.K Chellamma, Dr.Ajith S, Dr.Subhash Mallya, Dr.Shyjus & Dr.Mumtaz were the other faculties.

Dr.Lakshmy S was a faculty at IMS Gurukul module conducted by Pfizer Medical on 11.05.22. Topic - GSM
• Dr. Lakshmy S was awarded CIMP at the convocation on 4th June at IMSCON 2022

Was a panelist on Risk assessment in Midlife, moderated by Dr. Shobhana Mohandas at IMS President’s Webinar series conducted by Hyderabad Menopause Society on 21st June
New Memberships

Enrolled 11 new members to IMS from April - June
Thank you
Calicut Menopause Society

- CME on Menopause Management and Newer HRT's was conducted by Calicut Menopause Society in association with Calicut O&G Society on 03.07.2022 at The Ravis, Kozhikode.
- Dr. Jyothika Desai, Chairperson website Committee IMS spoke on Case based discussion on Menopause Management.
- Dr. Subhash Mallya spoke on Newer HRT's - A Hope for million women suffering silently.
- The meeting was attended by 50 delegates and was followed by lunch at 1pm.

- IMS President's Webinar series on Fibroid Uterus on 12th July 2022.
- The webinar was attended by about 124 delegates.
Calicut Menopause Society

- VIA Cervical Cancer Screening Camp was conducted by CALICUT MENOPAUSE SOCIETY at the AROGYA MELA organised by Kunnamangalam block panchayat under the aegis of NHM &Health Department on 17/7/2022. Several other departments like medicine, surgery, dermatology, dental & Ayurveda also participated by way of giving health checkups & health awareness. There was also a covid vaccination camp. The program was open to public from 9 am to 4 pm. About 40 women between the age groups of 40-55 were screened by VIA. 7 were VIA positive. One had a cervical polyp, one had PMB & one had a 2 degree uterine descent who were referred to IMCH.VIA positives were also referred to IMCH for further evaluation by colposcopy.

- Our members actively participated in the South Zone Conference organised by Chennai Menopause Society on 5th, 6th & 7th Aug 2022 at Chennai.
Calicut Menopause Society

- Club 35+ was conducted by Calicut Menopause Society in association with POGS at Mall Aslam on 30.8.22 at 4 to 6 pm
- Health awareness class attended by 27 school teachers from Govt schools in Perintalmanna
- Classes taken
  1. Is cancer screening for everyone – Dr. Mumtaz. P, Gynaecologist
  2. Mental health in Perimenopause. Problems and solutions - Dr. Ajith, Psychiatrist
  3. Metabolic syndrome what one should know – Dr. Aneesh Ahamed, Endocrinologist

Dr. Lakshmy S delivered a talk on ‘Bone Health in Women’ at the State Meet of Women Doctors’ Wing held on 11th Sept 2022 at Calicut