Postmenopausal osteoporosis …. A discussion with the endocrinologist on

How to diagnose, prevent and treat osteoporosis …. With a practical approach to FRAX attended by more than 70 delegates

Menopause Society Region Chandigarh organized a seminar for the senior citizens (70 plus) at Rajpura. There was a talk on prevention of fall in elderly and emphasis was also laid on the importance of mental health and a healthy lifestyle for overall well-being at this age as well as a motivational talk. A BMD test was done for the inmates along with giving them calcium and vitamin D3 supplies. They were offered refreshments at the end of the program.

CRMS and Radiance hospital conducted the public talk cum health check up for the elderly at Radiance hospital. Very well attended worth about 40-50 elderly women. Dr Rimmy Singla took a general health talk for them and there was a talk by a physiotherapist. Stress was made on cancer screening and lifestyle management along with the need of preventing osteoporosis, sarcopenia and women encouraged for good nutrition, exercise and regular health check ups and to cultivate hobbies!!
CRMS in association with Sweet Diabetes Association and Endocrine society of India organized a gynae-endocrinology conference covering topics right from Menopause management, GDM, Hirsutism & Hyperprolactinemia in post lunch session. It had great faculty from all over the country ….. Attended by over 300 delegates
Organized a mega Health check up camp involving gynecologists, medical specialists, psychologists and benefitted approx. 250 patients. Also held an awareness workshop of Asha workers on declining fertility with age and need for fertility treatment in women beyond 35 years of age in cases of late marriages on 16 October 2022.
- A skit was organized on world menopause day
Activity conducted under banner of club 35 plus in collaboration with Innerwheel club. The meeting was attended by nearly 50 women. Dr Vikas Mehra sensitised the audience regarding "Living with arthritis and bone health". Talk on menopause awareness by Dr Seema Sharma followed by "Yoga for prevention of osteoporosis" by Ms Shalu. Dr Ritambhara Bhalla inspired women to come forward and get enrolled for Club 35 plus.

CRMS and AGOI organised a fantastic CME on cancer survivorship at PGI under the able leadership of our vice president Dr Bhavna, Prof Radiation Oncology. Very well attended by about 120 delegates with excellent deliberations.