Dear All,

Greetings from Eternal Hospital, Jaipur & Jaipur Menopause Society.

It is our great pleasure to invite you for the virtual Interactive session on Zoom app (on Laptop or Mobile) on *Menopause specialists*

*Dr. Shubha Sethia Sr Consultant OBGYAmar Jain Hospital*

*Dr. Madhulika Agarwal Sr Consultant OBGYAgrawal hospital*

*Dr. Shailesh Jain Consultant - Obs & Gynae Eternal Hospital Jaipur*

*Dr. Meenakshi Gaur Consultant - Obs & Gynae Eternal Hospital Jaipur*

*Dr. Swati Jain Menopause Clinic Incharge Eternal Hospital Jaipur*

*Guest Speaker Dr. Aditya Soral Consultant Orthopaedic Eternal Hospital Jaipur*

*Join Zoom Meeting*

**Topic:** How to keep your bones healthy in Menopause

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**Activities of JMS April 2022**

JMS conducted a live webinar on 1st April on How to keep your bones healthy in menopause. Dr. Shubha Sethia, President JMS, Dr. Madhulika Agarwal, Secretary JMS, Dr. Shailesh Jain, Treasurer along with guest speaker Dr. Aditya Soral (ortho) answered all questions asked from audience.
Activities of JMS
April 2022

Jaipur Menopause Society
Handing Over Ceremony
JMS ORATION
Held on 10th April

• Dr. Sunila Khandelwal, Patron Jaipur Menopause Society, Founder member IMS, Executive Board member International Menopause Society gave the first JMS ORATION on “Management of Menopause” Past Present and Future
Dr. Shubha Sethia took over as new President and Dr. Madhulika Agarwal as new Secretary
Activities of JMS May 2022

- JMS conducted a CME on recurrent UTI and panel on genitourinary syndrome of menopause. Dr. Shivam Priyadarshi showed a beautiful video on urithroplasty. Dr. Shubha and Dr. Neelam Bapna conducted the panel.
JMS along with IMS conducted quiz on visceral fat an endocrine orgain at EHCC Hospital the winner of quiz Dr. Manu Agarwal participated in national Quiz at Vadodara. Dr Shubha Sethia Dr. Madhulika Agarwal Dr. Shailesh Dr Jaya Dr. Pankhuri Dr Meenakshi conducted the Quiz.
Activities of JMS May 2022

- Jaipur Menopause Society organised a successful health check up camp at Ashadeep Atmanirbhar Vridhaashram at Mansarovar. BMD, ECG, Blood Sugar, general health check up was done by Dr. Anju Soni, Dr. Sweeti Soni, Dr. Shailesh Jain, Dr. Meenakshi Gaur. Conducted the camp. We will now follow these people and ensure adequate treatment help, including facilities for CT angiography at SMS. Inmates were very happy. Some women were found osteopenic, diet, exercise, and follow-up advised.
Jaipur Menopause society (club 35 Plus conducted a public awareness on 16th July 2022 at the jai Club in Jaipur. Dr Shubha Sethia talked on menopause symptoms and their management. Dr Madhulika Agarwal secretary JMS discussed about life style management. Our motto of fit at forty, strong at sixty and independent at 80 was highlighted The icing on the cake was women suggested the idea of menopause management

- love your own self
- Take charge of yourself

Under the GYAN SUDHA SERIES on 22nd July 2022

Symposium on post menopausal bone health was organized in association with at JNU Medical college for post graduate and under graduate. Pathophysiology, diagnosis and screening was discussed by Dr. Shubha Sethia Calcium and vitamin D when and how to give Dr Madhulika Agarwal secretary JMS and management of osteoporosis by vice president IMS Dr. Seema Sharma

- Management of orthopedic by Dr. S. Yadikar exercise for bone health
- with videos by physiotherapist by Dr. Jyoti Maan
- A very well attended meeting

Jaipur menopause Society visited the Jeevan Jyoti old age home on Sunday 40 inmates were examined General health check up was done by physicians Dr Niranjan Agarwal and Dr Ramesh Sethia Gynae check up with breast examination and pap smear of all inmates was done by our gynae team Baseline investigations were also done Fruits, sweets and snacks were distributed
Jaipur Menopause organized CME on 30th July 2022 on skin, eye and dental care after menopause by eminent dermatologist Dr. Manisha Nijhawan, ophthalmologist Dr. Meenkashi Sharma, Dr. Sonal Bhansali Dentist.

Very well appreciated, Our holistic approach to health

JMS celebrated Ajadi ka amrit mahotsav on 15th August 2022. Various members participated and send their pictures, song and patriotic poems.

Under GYAN SUDHA SERIES JMS on 22nd August 2022, conducted a symposium on bone health at NIMS

Dr. Shubha Sethia talk about management Dr. Madhulika life style management Dr Deepa about pathophysiology and Dr. Leena about screening of osteoporosis, orthopedician talked about pharmacotherapy. Nice interaction, about MHT in management of osteoporosis were discussers
Jaipur Menopause Society

- WEST ZONE CONFERENCE OF IMS
  - 24-25th September 2022
  - Theme: midlife health – the way forward
  - On occasion of silver jubilee year of JMS
  - Very well organized conference attended by large number of National faculties
  - 40 lectures, 2 orations, 2 key note, 5 panel and 1 debate, workshop on hysteroscopy
  - Fun filled cultural programme with gala dinner
  - Jaipur excursion