Lucknow Menopause Society
Activity Report 2022

President : Dr Yashodhara Pradeep
Secretary: Dr Asna Ashraf
1. CME on Menopause Management

• Lucknow Menopause Society organised a CME on Menopause management on 13th May 2022 from 4.30 to 6.30 pm at Hotel Clark Awadh, Lucknow.

• The programme started with the welcome address by the Secretary Dr Asna Ashraf. The first talk was by the President of LMS Dr Yashodhara Pradeep on ‘Risk Assessment at Menopause’.

• The chairpersons for the first session were Dr Naini Tandon, Vice President LMS and Dr Uma Gupta, HOD Dept of ObGyn, Era Medical College Lucknow.
Lucknow Menopause Society

invites you to the
CME on Menopause Management & LMS Quiz

Date: May 13, 2022 / Friday  Time: 04.30 – 06.30 pm
Venue: Hotel Clarks Awadh, Lucknow

Topic: Risk Assessment at Menopause

Speaker
Dr Yashodhara Pradeep
President LMS
Dr Naini Tandon
Vice President LMS
Dr Uma Gupta
HOD DIVISION ERA MEDICAL COLLEGE

Chairpersons

Panel Discussion on Menopause Management & MHT

Moderators
Dr Aasna Ashraf
Secretary LMS
Dr Seema Mehrotra
Professor KGMU
Dr Sharad Kumar
Past President LMS

Expert
Dr Deepa Kapoor
Associate LMNS
Dr Paami Aroha
Director Tarakeshwa Med Center
Dr Amrit Gupta
Treasurer LMS
Dr Fatima Sheeba
Director Amrak Nursing Home
Dr Vandana Solanki
Asst Professor KGMU

Panelists

Quiz
Dr Sangeeta Mehrotra
Joint Secretary LMS
Dr Neerja Singh
Executive Member LMS

Coordinator
• The second session was a Case-Based Panel Discussion on Menopause Management and MHT. The moderators for the panel were Dr Asna Ashraf and Dr Seema Mehrotra.

• The expert for the panel was Dr Sharad Kumar, renowned endocrinologist of Lucknow. The panelists were Dr Deepa Kapoor, Dr Pammi Arora, Dr Amrit Gupta, Dr Fatima Sheeba and Dr Vandana Solanki.
It was a very interactive panel with crisp take messages. The audience was also informed about the CIMP exam and motivated to appear for it next year. It was attended by more than 60 people.
2. Guest Lecture

Dr Sangeeta Mehrotra, Jt. Sec LMS was invited to give a guest lecture on 6.05.2022, in Hind Institute of Medical Sciences, Ataria on Sexuality in Menopausal Women.
3. LMS QUIZ 2022

• Lucknow menopause society organized a postgraduate quiz on **13TH MAY 2022**.
• The theme was "**VISCERAL FAT AS ENDOCRINE ORGAN AND INSULIN RESISTANCE**"
• 20 PGs from various medical colleges participated.
• Dr Ayushi from Vivekanand secured 1st Position
• Dr Shirya Kashiv from Era medical college secured Second Position
• Dr Aparna Jha from KGMU Secured third Position
• Quiz master was Dr Sangeeta Mehrotra and quiz coordinator Neerja Singh
• Lucknow Menopause Society in association with Inner Wheel Club, Prerna, organised a Menopause Awareness Programme at the premises of the One Stop Centre, Lokbandhu hospital, Krishnanagar, Lucknow on Mother's Day, 8th May 2022.

• There were 65 participants comprising of policewomen of 181 helpline police force, members of Inner wheel club and other women workers of One stop centre.

• Dr Naini Tandon, Vice President LMS and Dr Asna Ashraf, Secretary LMS addressed the audience on health issues related to Menopause like diet, exercise, osteoporosis, cancer prevention and screening and also answered their queries. There was a press briefing after the programme.
अमृत विवाह, लक्ष्मणकुमार
अंतरांगीय माहू दिवस के अवसर पर राष्ट्रीय रोक विशेष में सक्रिय दर्ज हैं।

भोलेनाथ माता की अवधारणा प्रवृत्ति में अमृत विवाह ने महिलाओं की महिला संगठन 3 अक्टूबर को बोल्डी रॉड, रायपुर में "महिला रोग विशेषज्ञ ने बीमारी की समस्याओं का किया समाधान" का आयोजन किया।

अमृत विवाह के अनुसार, उन्होंने महिलाओं को सामाजिक क्रांति की उपलब्धि में भाग लेने का संदेश दिया। उन्होंने कहा कि महिलाओं के लिए समस्याओं का समाधान को लेकर कार्यक्रम की आयोजना की गई है।
Public Awareness Programme -2

• Lucknow Menopause Society in association with Lions Club, Pratishtha, organised a public awareness programme on Health Awareness at Midlife on **19th May 2022**.

• 30 women comprising of members of Lions club and their workers actively participated. Health checkup was done by measuring weight, blood pressure and pulse. Two women had high blood pressure and were advised further monitoring and treatment. All queries of the audience were answered.

• Dr Yashodhara Pradeep and Dr Asna Ashraf addressed the audience on health issues related to Menopause like diet, exercise, osteoporosis, cervical cancer prevention and screening and self breast examination.
Dr Deepa Kapoor, Past Secretary LMS participated in a T.V programme for Doordarshan Uttar Pradesh titled Mission Health on 26.05.2022. She spoke on Health awareness after menopause.
Public Awareness Programme - 4

• Awareness programme with officers of CGST at Indian Industries Association organized by Lucknow Menopause Society on 31.05.2022

• Dr Yashodhara Pradeep, President LMS and Dr Sangeeta Mehrotra, Jt. Secretary spoke on Cervical Cancer screening and other health problems of perimenopausal and menopausal women

• The programme was very much appreciated by the audience.
Involvement of members in IMSCON 2022

• Dr Yashodhara Pradeep, Dr Naini Tandon, Dr Deepa Kapoor, Dr Asna Ashraf, Dr Sangeeta Mehrotra and Dr Neerja Singh attended IMSCON 2022, at Vadodara and actively participated in the scientific deliberations and cultural events.

• Dr Yashodhara Pradeep gave a talk on “Overview of Risk assessment” and Dr Asna Ashraf participated in a panel on Postmenopausal bleeding at IMSCON Vadodara.

• Dr Yashodhara Pradeep attended the GCM at IMSCON Vadodara.

• Dr Deepa Kapoor, ex-officio Secretary LMS cleared the CIMP and was felicitated in the convocation.

• Dr Neerja Singh gave a dance performance and Dr Naini Tandon sang a song in the cultural evening of IMSCON 2022.
Thank you
Lucknow Menopause Society organized the IMS President’s webinar series under the aegis of Indian Menopause Society, on 20th September 2022, Tuesday.

The Treasurer of Lucknow Menopause Society, Dr Amrit Gupta, commenced the programme by welcoming the dignitaries and inviting the President of Lucknow Menopause Society, Dr Yashodhara Pradeep for the Welcome address. Dr Yashodhara Pradeep welcomed and introduced the Chief Guest. The President Elect of the Indian Menopause Society, Dr Pushpa Sethi was the Chief Guest for the occasion. Dr Ambuja Choranur, Past President of IMS and Dr Bipasha Sen, Treasurer IMS were the Guests of Honour.

The scientific programme consisted of two talks in the first session. The chairpersons for the day were Dr Anju Soni, Secretary General IMS, Dr Seema Sharma, Vice President IMS and Dr Reena Srivastava, Retd. Prof. BRD Medical College, Gorakhpur.

The first talk was by Dr Shobhana Mohandas, President of Indian Menopause Society, on ‘Laparoscopy in Ovarian Masses: Controversies’. The topic of the second talk was ‘Residual Ovary Syndrome’, and the speaker was, Dr Asna Ashraf, Secretary Lucknow Menopause Society. Both the talks were very informative and were followed by an interesting discussion.

This was followed by a panel discussion on “Management of Benign Ovarian Masses focus on IOTA & O-RADS” which was moderated by Dr Yashodhara Pradeep President and Dr Naini Tandon Vice President. The panellists were Dr. Anju Kumari Rani, Dr. Indu Lata Sahu, Dr. Sangeeta Mehrotra, Dr. Shipra Kunwar, Dr. Shuchi Agarwal and Dr. Vaishali Jain. It was a very comprehensive panel and much appreciated by the attendees.

The vote of thanks was delivered by Dr Amrit Gupta.

The program was well appreciated by participants.
Old Age Home Visit

Members of Lucknow Menopause Society visited an old age home in Lucknow, CHHABI SHANTI DHAM on 13th August 2022. This visit was organized jointly by Lucknow Menopause Society and the IMA Women Doctor’s Wing.

B.P monitoring, Hb, RBS and BMD were done. A few elderly could not come down to the hall as they were frail or sick so we visited them in their rooms. We sat down and talked to them and listened to their concerns.

Spiced buttermilk and mithai were distributed. Iron and other samples and hand sanitizers were also given.

All the elderly ladies asked us to come again.