Theme 2017 World Menopause Month campaign - "Perimenopausal Bleeding"

Dr. Atul Munshi - IMS, India representative to Council of the International Menopause Society
09824021000, munshiap@gmail.com

World Menopause Month Report - Dr. Sunila Khandelwal, Jaipur Chapter

Public Awareness Program was organized at Fortis Escort Hospital, Jaipur by Dr. Sunila Khandelwal. The theme based interactive session was successfully attended by mature women groups. Poster was released both in Hindi & English.

A newspaper article was published in health segment of Dainik Bhaskar (National Hindi News Paper) on Oct. 18, 2017 World Menopause Day for spreading awareness on hormonal...
imbalance in menopausal transition, its consequences and preventive steps.

Free public awareness & health screening camp was organized at Semi Urban area (Dist. Dausa) near Jaipur (Rajasthan). Around 450 ladies benefited by multispecialty team for counselling and medical management. BMD, BMI assessment and basic physical examination done for screening of NCDs. In addition, the holistic healthcare advises were given on complimentary alternative therapy (Homeopathy, Naturopathy, physiotherapy, acupuncture etc.). Protocol based research data collection done.

A special interactive session was conducted by Dr. Sunila Khandelwal for improving personal hygiene and solving myths about health issues from menarche to menopause. Free medication and education material was distributed.

Dr. Deepa Kapoor, Chapter Secretary, Lucknow Chapter

30th October 2017 – IMS QUIZ

IMS Lucknow chapter conducted the first written round of quiz on 30th October, 2017 at IMA Bhavan. 14 postgraduate students appeared for it. This was followed by the second - audiovisual round on 25th November at Hotel Lineage in which the four finalists participated.

The winner of the Quiz is Dr. Devanshi Dubey. She is going to represent Lucknow Chapter in IMSCON-2018 at Gurgaon.

Her Contact Details are:
Dr. Devanshi Dubey
devanshi.dubey@gmail.com
+91 9554499918

Dr. Asna Ashraf and Dr Sangeeta Mehrotra were quizmasters.

Dr. Yashodhara Pradeep was judge.
Indian Menopause Society Kolkata Chapter organised a public awareness programme at Okakura Bhawan, Saltlake Kolkata on 31.10.17. The Programme was started with a whole hearted enthusiasm by members of URJO. It was attended by about 80 persons including patients, faculty doctors and our office staff. The blood tests for Hb, blood sugar, BMI was done for 39 patients and BMD was done for 50 patients. For patients with increase BMI, a free Lipid Profile check up was done. Then the Inauguration programme was started and Welcome addressed by Dr Ratnabali Chakravorty.

A talk on importance of Influenza vaccine in elderly women was given by Dr Nirmala Pipara. A cultural programme was organised by the members of URJO. There were 31 participants and everybody was given 2 minutes to present her point of view. The cultural programme was presented by Post Menopausal women. 1st prize winner was Mrs. Malvika Basu, 72yr old lady who presented herself with Laugh therapy. 1st, 2nd and 3rd prices were given by Mrs Runa Laha, a well known model. Dr A.B Roy was our Chief guest. A short film on Breast Cancer Awareness compiled by Dr Nirmala Vaze.
was shown to the public which was very much liked and appreciated by all. The Programme ended with a grand success.

Some glimpse of the programme

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Dr. Tripura Sundari, Chapter Secretary, Hyderabad Chapter
26th October 2017 - CME on AUB at Perimenopause Controversies To Consensus

IMS Hyderabad had organized “A CME on AUB at Perimenopause Controversies To Consensus” on 26th October 2017 at Hotel Times Square, Secunderbad Clock Tower. It was attended by more than 110 Gynecologists.

IMS Hyderabad Chapter started the days programme with its General Body Meeting. Dr. Tripura Sundari welcomed the gathering and presented the Annual report of the Chapter, she then announced the formation of Hyderabad Menopause Society to be registered independently as directed by the President Dr. Suvarna Khadilkar and shared the details of the minutes resolved in the GCM Pune for conversion of IMS chapters to Societies.

She also informed all about the elections that had taken place last month for the posts of Office Bearers of Hyderabad Menopause Society.

Patron - Dr. Meeta
President – Dr. Tripura Sundari
Vice President- Dr. E. Prabhavathy
Secretary- Dr Jamuna Devi G.  
Treasurer- Dr. G. Bhavani  
Jt. Secretary- Dr. Sandhya Dixit

She also announced the Executive Members that were formed in April 2017 for two years:

Dr. V. Rajyasree  
Dr. G. Jamuna Devi  
Dr. Krupa Patalay  
Dr. Anuradha Koduri  
Dr. Vindhya T.  
Dr. Neelima Kant T.  
Dr. G. Vijaylakshmi

The CME - Scientific Program initiated with a Video Message from IMS President, Dr. Suvarna Khadilkar. It had two sessions. Session I was chaired by Dr. Vidyadhari, Dr. Pushpalatha and Dr.. The Speakers and topics were;

Dr. G. Lakshmi Professor spoke on Ulipristol Acetate.  
Dr. Aruna Suman Associate Professor, MGMH/Osmania Medical College, gave a talk on – Dinogest.  
Dr. Rupesh Mandwa Interventional Radiologist, Spoke on Management Of AUB: Non Hormonal Treatment.  
Dr. Laxmi Ratna, Chairperson Quiz Committee, IMS India spoke on Hormonal Treatment : Gold Standard ?.

The Session II was chaired by Dr. Saraschandrika, Dr. Kiran Sareen and Dr. Amrita Saluja. The speakers and topics were;

Dr. Uma, KIMS gave a talk on Hysterectomy Which Route Is The Best?.  
Dr. Anusha (PG) MGMH/ OMC spoke on What ‘S New In AUB?PALM COEIN Classification - Clinical Appraisal.  
Dr. Vasundhra share her views on Newer Modalities Of Managing AUB

This was followed by a panel discussion moderated by Dr. Tripura Sundari on Situational Analysis of AUB at Perimenopause the panelists were Dr. Anantha Lakshmi, Dr. V. Neelima and Dr. Hima Bindu. There was active interaction by participants.

All the speakers and chairpersons were felicitated with mementos. The program concluded with an vote of thanks by Dr. Tripura Sundari.
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World Menopause Month 2017 – India

Academic & Public Awareness Activities

Theme 2017: Menopause ....Creating A New Horizon For A New Beginnin
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Dr. Tripura Sundari, Chapter Secretary, Hyderabad Chapter
5-10-2017 – MHCC
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**Dr. Manoj Chellani, Chapter Secretary, Raipur Chapter**

29th October 2017 – IMS QUIZ

Indian Menopause Society, Raipur Chapter had organized its Chapter Quiz on theme of Peri-menopausal bleeding on 29th October 2017 at Hotel Babylon Inn, Jail road, Raipur.

Total no. of candidates participated in the Quiz Written round were 15 out of which 4 candidates were selected for Final Audio Visual round.

The Quiz masters were Dr. Tabassum Dalla and Dr. Sunita Kanoi.

The runner ups were Dr. Baljeet Kaur, Dr. Pavan Bhargawa, Dr. Himani Gupta.

The winner of the Quiz is Dr. Khushboo Parashar. She is going to represent Raipur Chapter in IMSCON-2018 at Gurgaon.

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**Dr. Priti Niranjan, Chapter Secretary, Vadodara Chapter**

31st October 2017 – Club 35+

Awareness walk by club 35 n ims members on 31St October in association with pre run marathon fr unity by Vadodara society.

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**Dr. Geeta Mediratta, Chapter Secretary, Delhi Chapter**
25th October 2017 – IMS QUIZ
Delhi Menopause Society held the quiz on “Perimenopausal Abnormal Uterine Bleeding” on 25th October, 2017 at Auditorium of Sir Ganga Ram Hospital. Twenty four candidates appeared for the preliminary round.
The winners were
1. Dr. Huma Ali – Post Graduate Student – Institute of Obstetrics and Gynaecology, Sir Ganga Ram Hospital, New Delhi
2. Dr. Priyanka Shukla – Post Graduate Student - Lady Hardinge Medical College and Smt. S.K. Hospital, New Delhi

Dr. Geeta Mediratta, Chapter Secretary, Delhi Chapter
18th October 2017 – Holistic Health
Indian Menopause Society – Delhi Chapter celebrated World Menopause Day on 18th October, 2017 at Sir Ganga Ram Hospital. We organised series of lectures on Holistic Health in menopause as per programme attached.
Session started with video message by Dr. Suvarna Khadilkar. The celebration was attended by delegates comprising of doctors, nurses, patients and members of NGO Seva Prakalp Mahila Mandal.
Dr. Sanchita Dashora Chapter Secretary, Udaipur Chapter
26th October 2017 – CME
IMS Udaipur chapter organised a CME on 26th October 2017 at Hotel Radisson Blu. The topics were:
Management of osteoporosis in Postmenopausal women
Right diet at midlife (Holistic health module)
Speakers were Dr Sanchita Dashora and Dr Asha Jain. It was attended by 25 members.

Dr. Nita Dalal, Chapter Secretary, Mumbai Chapter
7th October 2017 – IMS Gurukul
MMS Gurukul programme was conducted by Mumbai Menopause Society along with MOGS at Wadia hospital on Saturday 7th October 2017. There was an IMS quiz on peri menopausal bleeding, which had 20 MCQs and 1 short note. The quiz was done by Dr. Ketaki Kulkarni and Dr. Anagha Chatrapati. This was followed by a case presentation on post-menopausal bleeding by Dr. Nilusha Wadhwania and the examiners for which were Dr. Jassawala, Dr. Ching Ling and Dr. Pooja Bandekar. This was followed by two capsules which was chaired by Dr. Nita Dalal and Dr. Beena Kumari. Dr. Priya Vora spoke on Basics Clinical considerations in Menopause (Gurukul module 1&2) and Dr. Ashwini Bhalerao Gandhi spoke on Management of Menopause (Gurukul module 3) Highlights of the program were Dr. Jasawala spoke on examination tips and IMS President Dr. Suvarna Khadilkar distributed academic books as prizes to quiz winners. The total attendance was 96.

IMS Quiz Winners :-
Dr. Kavya H S
Dr. Swetha Sake and
Dr. Priyanka Deshpande
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Dr. Nita Dalal, Chapter Secretary, Mumbai Chapter

10th October 2017 – CME

A clinical meet was conducted on 10th October 2017 at ITC Parel by the Mumbai Menopausal Society along with Sanofi Consumer healthcare - ASK THE EXPERTS.

Speakers were Dr Ameet Patki who spoke on Fertility issues at midlife and Dr Ashok Agarwal who gave knowledge on Sperm DNA Fragmentation. Does it impact live birth rate after IVF/ICSI?

Panel Discussion on Menopause was moderated by Dr Nita Dalal & Dr Sarita Bhalerao with expert panelist Dr Ashwini Gandhi, Dr Sujata Dalvi, Dr Beena Kumari, Dr Ashok Agarwal, Dr Rajendra Nagarkatti, Dr Geeta Balsalkar sharing there views and expert opinions. Master of ceremony were Dr Priya Vora & Dr Kinjal shah. The clinical meet was well attended by 90 doctors followed by dinner.
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Dr. L. R. Gohil, Chapter Secretary, Calicut Chapter
15th October 2017 – Club 35+
Yoga classes and AUB talk conducted by club35+ thrisur as part of calicut Ims activities. Yoga class conducted by valsala, a yoga teacher. Talk given by Dr. Nishi Roshini. 25 people attended

Dr. Renu Makwana, Chapter Secretary, Jodhpur Chapter
1st October 2017 – CME - Essentiality on Vitamin D in Women
Vitamin D is very essential to absorb calcium and promote bone growth in human body. To promote importance of Vitamin D in daily life an awareness talk on Vitamin D was conducted by Dr. Renu Makwana under the IMS banner the event was organized by “Laghu Udhyog Bharti Women Unit, Jodhpur” & Rotary Club, Jodhpur. An event was attended by many women from different walk of life. In her orientation she has apprised about the causes due deficiency of Vitamin D that can lead to Osteoporosis, Type 1 Diabetes, Muscle and Bone Pain.
Dr. Shubhada J. Jathar, Chapter Secretary, Pune Chapter
25th October 2017 – Rural Camp
Rural camp on 25 October with awareness about menopause at village ambavane by Dr Vaishali Biniwale

Dr. Shubhada J. Jathar, Chapter Secretary, Pune Chapter
31st October 2017 – Public awareness program
Public awareness program in Somatane village near Pune. No electricity but that didn’t stop Vaishali Biniwale from conducting IMS activity initiated by Suvama Khadilkar
Dr. Suvarna Khadilkar  
President IMS India,  
2017-18

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**Dr. Shubhada J. Jathar, Chapter Secretary, Pune Chapter**

**4th October 2017 – IMS QUIZ**

IMS Pune conducted quiz on 4th October 2017 at Jehangir hospital. It was attended by 17 students. Written round followed audiovisual round.

The winner is Dr Shikha Galsar

Dr Nina Mansukhani was quiz master, Dr Charu Datta & Dr Pallavi helped keeping time. Dr. Parag Biniwale was judge.

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**Dr. B P Das, Chapter Secretary, Guwahati Chapter**

**27th October 2017 – IMS Quiz**

Guwahati chapter of Indian Menopause conducted a quiz competition amongst the PG students of Obstetrics and Gynaecology Deptt of Gauhati Medical College, on Perimenopausal bleeding. Dr N Bijeta Devi, a final year student came out first.

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**Dr. Dilip Kumar Sarma, Chapter Secretary, Guwahati Chapter**

**19th October 2017 – CME**

Guwahati Chapter of IMS, celebrated the World Menopause Day by holding a CME on Perimenopausal bleeding at Mongaldoi, a town about 50 km away, in association with IMA local branch. Dr. B P Das and Dr. Asha Agarwal were the resource persons and about 40 delegates participated actively in the 2 hour session. All together it was an invigorating learning experience for all.
Dr. Punita Hasija, Chapter Secretary, Faridabad Chapter
12th October 2017 – IMS QUIZ
Faridabad menopause society conducted IMS quiz prefinals on Perimenopausal Bleeding on 12th October, 2017, At ASIAN Hospital, Faridabad. Eleven students registered but Nine (PGs and young gynecologist) participated.

Quiz was possible only because of unconditional support extended by Dr Maninder Ahuja mam, Dr Anita Kant mam, Dr Sonal Gupta, Dr Bhanu Sharma, Dr Aruna Kundu, Dr Usha Priyamvada, Dr Gunjan Bhola and team ASIAN HOSPITAL.

Winner of the Quiz was Dr Aishwarya DNB Student, Asian Hospital. She will represent Faridabad Chapter for Quiz Finals at IMSCON 2018 (Gurgaon). Dr. Arti Sharma DNB Student, Asian Hospital Faridabad, secured 2nd Position.
Dr. Savita Tyagi, Chapter Secretary, Agra Chapter

On 9th October Quiz for postgraduate students and post pg was conducted. Dr Ayesha, junior resident of SN medical college, was the winner of Quiz.

On the same day CME on holistic health in menopause was conducted. Perimenopausal bleeding module was discussed in the form of panel discussion. Prof Richa Singh, Dr Urvashi Verma, Dr Madhu Rajpal, Dr Vandana Singhal, Dr Garima Trivedi, Dr Ila Kishore were the panelist. Dr Savita Tyagi and Dr Santosh Singhal were the moderator.

Dr. Narendra Malhotra delivered a talk on USG in perimenopausal bleeding.

60 members of IMS society attended the meeting.
program 30 patients were examined for blood pressure, weight and gynae check up done. Their Hb% and blood sugar were done free of cost, Thyroid function test and pap'smear at 50% discount.

Dr. Laxmi Shrikhande, Chapter Secretary, Nagpur Chapter

Activity report on October 2017 – Indian Menopause Society, Nagpur

2nd October 2017 Eve of World Menopause day BMD Camp held at Sankalp Hospital by Dr. Nirmala Vaze. 56 ladies took advantage of BMD.

5TH October 2017 - MHCC

Various programme Conducted under MHCC project in the month of November

Conducted BMD Camp At Dr. Vidya Sutaone Hospital, Dharampeth Nagpur
BMD Camp held at Dr. Kanchan Sortey Hospital Ramdaspeth, Nagpur

20 Patients underwent BMD test. Advice was given on lifestyle modification, Calcium supplementation & Vit. D. 6 cases of severe osteoporosis were detected.

6th October 2017 - Breast Cancer Day at Sankalp Hospital by Dr. Nirmala Vaze. Programme awareness was attended by 45 women. Dr. Vaze addresses them on Awareness of Breast Cancer and its early detection.

11/10/2017 In eve of World Osteoporosis Day IMS Nagpur Chapter has organised CME on Holistic Approach Module 3 - Musculoskeletal health of women. Dr. Laxmi Shrikhnade made welcome speech while Dr. Kshama Kedar proposed vote of thanks. Dr. Shiwangi Jahagirdar was master of ceremony. Case based panel discussion on bone health moderated by Dr. Ritu Durgan while Panellist were Dr. Neeta Sapre, Dr. Ujjwala Deshmukh Dr. Rashmi Bhaisare, Dr. Shantanu Deshmukh, Dr. Devashis Barick, Dr. Sheela Jain
Dr. Sutapa Roy talked on Osteoporosis and Osteoarthritis: Diagnosis.
Dr. Shantanu Deshmukh delivered a lecture on Osteoporosis and Osteoarthritis: Management.

Dr. Devashis Barick delivered a lecture on Sarcopenia: Diagnosis and management. Moderator Dr. Ritu Durgan while Panelist were Dr. Neeta Sapre, Dr. Ujjwala Deshmukh, Dr. Rashmi Bhaisare, Dr. Shantanu, Deshmukh, Dr. Devashis Barick, Dr. Sheela Jain.

Dr. Devashis Barick, Dr. Sutapa Roy, Dr. Shantanu Deshmukh, Dr. Vinita Agrawal, Dr. Meena Patil, Dr. Sutapa Roy, Dr. K. Kedar, Dr. Laxmi Shrikhande, Dr. Veena Waikar, Dr. Shiwangi Jahagirdar felicitated Dr. Shantanu Deshmukh.

Chair session Dr. K. Kedar & Dr. Laxmi Shrikhande Dr. Latha Meghrajani, Dr. Madhuri Gawande, Dr. Surekha Felicitated Dr. Sutapa Roy Khandale chair the session.
On the Eve of world menopause Day by IMS Nagpur Chapter organised CME on Uro-genital issues at 40 and beyond. Dr. Rajesh Soni President Geriatric Society of Nagpur talked on Overactive Bldder. Dr. Rajesh Soni, Dr. Laxmi Shrikhande & Dr. Kshama Kedar proposed the vote of Dr. Kshama Kedar lighting the samai thanks. Dr. Rajesh Soni delivered a lecture Doctors present on programme International Elderly day celebrated. Dr. Yashwant Deshpande guided the audience on problems of elderly women issues – how to handle.

Dr. Yashwant Deshpande Dr. Kshama Kedar & Dr. Laxmi Shrikhade Felicitated Dr. Yashwant Deshpande
26/10/2017 World obesity day was celebrated. Dr. Manoj Vyavhare renowned gastroenterologist of the city delivered a talk on Acid Peptic Disease. And also highlighted problems created by obesity & how to tackle it.

Dr. Manoj Vyavhare Dr. Deepti Kiratkar, Dr. Rakhi Gajbhiye, Dr. Manoj Vyavhare, Dr. Laxmi Shrikhande, Dr. Kshama Kedar

Diwali Milan was celebrated on 26-10-2017 by IMS Nagpur chapter all members gathered and enjoyed the festival

Dr. Kshama Kedar, Dr. Deepti Kiratkar, Dr. Kshama Kedar Dr. Laxmi Shrikhande, Dr. Laxmi Shrikhande Dr. Rakhi Gajbhiye
**Report**

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**5TH October 2017 – MHCC**

BMD was carried out at Dr. Sorey Hospital. 20 women were examined, calcium supplementation was advised.

**Dr. Balwinder Kaur, Chapter Secretary, Patiala Chapter**

**4TH October 2017 – IMS Gurukul**

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**Dr. Balwinder Kaur , Chapter Secretary, Patiala Chapter**

**6TH October 2017 – IMS MHCC**

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Dr. Pratibha Singh, Chapter Secretary, Bhagalpur Chapter
15th October 2017 – ANNUAL Conference
Dr. Manisha Jhawar, Chapter Secretary, Surat Chapter

29th October 2017 – IMS QUIZ

IMS Surat chapter conducted the preliminary round of the Quiz on 29 October 2017 at The world Platter Bnaquet hall, 17 students participated, Dr.Priyanka Chaudhary won and would represent Surat in the final round at Gurugram. Contact details of Dr.Priyanka Chaudhry- A-204, Opera Town Society, Opp. Umrigar School, Umra Surat.
11th October 2017 – IMS Gurukul
IMS Surat chapter organized IMS Gurukul on 11 October 2017 at Seminar Hall, OB & Gyn department of New Civil Hospital, Surat. The Residents of both colleges, Civil and SMIMER along with the faculties of two colleges & the interested members attended the program. It was liked by all.

Dr. Hephzibah, Chapter Secretary, Chennai Chapter
20th October 2017
Today Chennai Menopause Society world osteoporosis day was celebrated along with obgyn dept SMC, govt RSRM hospital, ortho dept SMC. CME on post menopausal osteoporosis was conducted. Dean Stanley Medical College inaugurated the CME. 2obgyn specialist, 2 ortho surgeons participated in the CME. Practioners, gynecologist, ortho surgeon attended the programme.

Dr. Hephzibah, Chapter Secretary, Chennai Chapter
13th October 2017 – IMS QUIZ
Chennai Menopause Society conducted Quiz on Peri menopausal bleeding on 13th Oct. Young Gynaecologist & PGs participated. 3 Prizes and certificates were given.
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the winner is Dr. D.S. Nikitha Reddy, mobile No 09677277484, email id - nikithareddyds@gmail.com from SRMC will represent National quiz.

Dr. C. Ambuja, Secretary General, IMS India and Dr. Tripura Sundari, Chapter Secretary, Hyderabad Chapter

5-10-2017- MHCC
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She also announced the Executive Members that were formed in April 2017 for two years:

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Dr. G. Jamuna Devi  
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