



Menosoc

Newsletter of the Menopause Society of Sri Lanka

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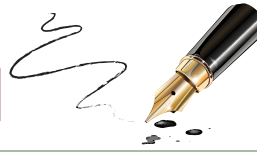
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SAFOMS – MENOSOC 2021



Not everything coming out of the pandemic is bad and the improved virtual communication makes meetings like this possible and therefore our reach has increased dramatically. For those with clinical commitments, travel is difficult particularly for those working in hard-pressed services or where medical help is limited, but hopefully things will improve soon.

Prof. Mary Ann Lumsden

Chief Executive Officer, FIGO

Immediate Past President, International Menopause Society.

I am happy that Menopause Society of Sri Lanka has chosen this year's theme as "Quality Care for Menopause under Challenging Circumstances" probably considering all these facts. I hope that the scientific deliberations of the sessions will give knowledge and skills for the local participants to better manage the situation and provide the Ministry of Health with recommendations to improve the services.

Dr. Asela Gunawardena

Director General Health Services,
Ministry of Health, Sri Lanka

I'm sure everyone had their fair share of hardships brought about by the unforeseen COVID-19 pandemic. I'm truly delighted with the presence of our Chief Guest, Prof. Mary Ann Lumsden, Chief Executive Officer FIGO, Dr. Jaideep Malhotra, President SAFOMS, Dr. Narendra Malhotra, Dr. Ambuja Chorapur, President IMS, Dr. Tripura Sundari, Dr. Neelam Agrawal, Past President IMS and Dr. Zinnat Nasrin, General Secretary, Bangladesh Menopause Society for their physical participation.

Dr. Sanath P. Akmeemana

President of Menopause society of
Sri Lanka

Some say, "God, middle age is an unending insult." Dorothea Benton Frank, Sullivan's Island and others say, "Life begins at Forty", it is how you look at it, a glass half empty or half full. I am sure this conference under the able leadership of President (Elect) Dr. Rohana Haththotuwa will be informative and interactive with key take home messages. Let us spread the message of positive healthy lifestyle and regular checks to promote early diagnosis and preventive health so as to reduce the disease burden on families and countries.

Dr. Jaideep Malhotra

Immediate President SAFOMS

President

Dr. Sanath Akmeemana

President Elect

Prof. Piyusha Atapattu

Immediate Past President

Dr. Sanath Lanerolle

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Dr. Chaminda Kandauda

Mr. Mahanama Dodampegama

Dr. Thivanka Munasinghe

Dr. Theshani Mallawaarachchi

Dr. Danushka Kotigala

We can help you if

- You are approaching or going through menopause
- You have had a hysterectomy or premature menopause
- You are post menopausal
- You are interested in midlife issues
- You are a healthcare professional with an interest in the menopause

Our aims are

- To raise awareness of the menopause and its management
- To provide unbiased information
- To help women make informed decisions about their own health and wellbeing with health care professionals
- To inform health care professionals

Join us....

Our members receive quarterly newsletter and have access to our information service

To join us please contact:

Dr. Madura Jayawardena

Secretary

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menosoc.srilanka@gmail.com



SAFOMS-MENOSOC 2021

“Quality Care for Menopause under Challenging Circumstances”



6th Biennial Conference of South Asian Federation of Menopause Societies (SAFOMS) and 20th Annual Academic Sessions of Menopause Society of Sri Lanka (MENOSOC) was held in a grand scale at Taj Samudra Hotel, Colombo on 20th and 21st of November 2021.



Prof. Mary Ann Lumsden, Chief Executive Officer FIGO, graced the occasion as the chief guest, while Dr. Anil Jasinghe, Director General of Health Services, Sri Lanka, privileged to be the guest of honour.





SAFOMS-MENOSOC 2021 was commenced with the arrival of procession and the lightening of traditional oil lamp. Welcome address was delivered by Dr. Sanath Akmeemana, president of Sri Lanka Menopause Society. He warmly welcomed all the distinguished guests including chief guest Prof. Mary Ann Lumsden, guest of honour Dr. Anil Jasinghe, Dr. Jaideep Malhotra, president SAFOMS, Dr. Narendra Malhotra, Dr. Ambuja Choranur, president of IMS, Dr. Tripura Sundari, Dr. Neelam Agrawal, past president of IMS, Dr. Zinnat Nasrin, general secretary of Bangladesh

Menopause Society and Dr. Aparna Hegde, consultant urogynaecologist from India.

The gathering was addressed by outgoing president of SAFOMS, Dr. Jaideep Malhotra. During her speech she pointed out how we were able to emerge stronger and fitter to face all the challenges faced during past two years. The ceremonial induction of Dr. Rohana Haththotuwa as the new president of SAFOMS was held following the Dr. Malhotra's speech. Then the gathering was addressed by the new president of SAFOMS, Dr. Rohana Haththotuwa. He recalled that the inaugural conference of SAFOMS was held in Sri Lanka in the year 2010 with the participation of Bangladesh, India, Pakistan and Sri Lanka, where late Dr. Beheram Anklasaria, the initiator of SAFOMS, was inducted as the Founder President.



Guest of honour Dr. Anil Jasinghe, Director General of Health Services, mentioned that the contribution of the Menopause Society of Sri Lanka, since its inception in year 2000, to uplift the quality of care of post menopausal women was quite impressive. He promised to provide continuum support from the ministry side in preceding years. Chief Guest Prof. Mary Ann Lumsden, during her speech, highlighted that not everything coming out of the pandemic was bad and the improved virtual communication makes meetings possible and therefore our reach has increased dramatically.



The inauguration ceremony of 6th Biennial Conference of South Asian Federation of Menopause Societies and 20th Annual Academic Sessions of Menopause Society of Sri Lanka was concluded with the vote of thanks presented by Dr. Madura Jayawardane, secretary of Menopause Society of Sri Lanka.



A panel discussion on “Regional menopausal management during the Covid 19 pandemic” was conducted with the participation of SAFOMS countries presidents. This was moderated by Dr. M.D.P Gooneratne, founder president of Menopause Society of Sri Lanka with the participation of Prof. Zinnat Nasreen, Secretary General, Bangladesh Menopause Society, Prof. Ambuja Choratur, President, Indian Menopause Society, Prof. Kesang Diki Bista, President, Menopause Society of Nepal, Prof. Rubina Hussain, President, Pakistan Menopause Society and Dr. Sanath Akmeemana, President, Menopause Society of Sri Lanka.



Two days academic programme was included with four SAFOMS sessions, two MENOSOC symposia, plenary lectures and guest lectures. The academic programme started with the SAFOMS session 01, which was conducted by Indian Menopause Society. There were three lectures including “Role of Epigenetics in ageing”, presented by Prof. Ambuja Choratur, president of Indian Menopause Society, “Role of stem cells in reversal of ageing” presented by Dr. Sudhaa Sharma, secretary general of Indian Menopause Society, and “Healthy mental ageing” presented by Dr. Tripura Sundari, consultant obstetrician and gynaecologist from India.





There were two guest lectures as the final event of the first day of the academic programme. First lecture on “Healthy ageing - from genetics to artificial intelligence”, was presented by Prof. Maninder Ahuja, consultant obstetrician and gynaecologist from India and the second lecture on “Compression of morbidity” was delivered by Dr. Neelam Aggrawal, past president of Indian Menopause Society.



Second day academic programme was started with MENOSOC Symposium 02. Lecture on “Vaginal rejuvenation in menopausal females” was done by Dr. Kanishka Samaranayake, consultant obstetrician and gynaecologist at Base Hospital Nawalapitiya, while Dr. Madura Jayawardana, consultant obstetrician and gynaecologist at Colombo South Teaching Hospital, Kalubowila discussed on “Outpatient hysteroscopy in management of peri and postmenopausal women”. Dr. Sharada Jayalath, acting consultant obstetrician and gynaecologist at Base Hospital Udegama, delivered a speech on “What's new in the management of hot flushes?”.



SAFOMS Session 2 was conducted by Bangladesh Menopause Society. It was a panel discussion on “Sexual health and vulvovaginal disorders”, and it was moderated by Prof. Zinnat Nasreen, secretary general of Bangladesh Menopause Society. Brigadier General Dr. Suraiya Rahman, consultant obstetrician and gynaecologist and vice president of Bangladesh Menopause Society, Prof. Rowshan Ara Begum, consultant obstetrician and gynaecologist and vice president of SAFOG, and Prof. Shahi Farzana Tasmin, professor in obstetrics and gynaecology at Rangpur Medical College, Bangladesh participated the panel discussion as resource persons. Next in the agenda, there were three plenary lectures. Plenaries were done by Prof. Mary Ann Lumsden CEO of FIGO and immediate past president of International Menopause Society, Prof. Steven R. Goldstein, president of IMS and Prof. Narendra Malhotra, managing director Global Rainbow Healthcare, India. Respective topics were “Hormone replacement therapy: are the benefits and risks the same for all women?”, “Modern evaluation of postmenopausal bleeding” and “Non-Invasive management of genitourinary syndrome of menopause”.



Menopause Society of Nepal conducted the SAFOMS Session 3. Lecture on “Musculoskeletal problems in menopause and epidemiology of musculoskeletal health problems in menopause” was done by Dr. Swaraj Rajbhandari, senior consultant obstetrician and gynecologist from Nepal. “Impact of obesity on musculoskeletal health in menopause” was done by Dr. Neebha Ojha, associate professor and general secretary of Menopause Society of Nepal. Dr. Anshumala Joshi, assistant professor of department of obstetrics and gynaecology, Nepal Medical College, enlightened the audience on “Screening modalities for musculoskeletal problems of menopause”.



Finally, SAFOMS Session 4 was conducted by Pakistan Menopause Society. Theme of this session was “NCD in menopause”. Prof. Sumbul Sohail, professor in obstetrics and gynaecology and general secretary of Pakistan Menopause Society, discussed on “Bone health”. Dr. Sarah Kazi, professor in obstetrics and gynaecology, delivered a speech on “Metabolic syndrome” and Prof. Rubina Sohail, consultant obstetrician and gynaecologist at Hameed Latif Hospital, Pakistan, delivered a speech on “POI and postmenopausal NCD”

Sixteen free papers were presented during the 20th Annual Academic Sessions of Menopause Society of Sri Lanka and first, second and third place winners were selected and awarded with prizes and certificates. More than 150 delegates including foreign and local consultants, doctors, post graduate trainees, nurses, mid wives, medical students and other stakeholders of menopausal care, participated the programme. 6th Biennial Conference of South Asian Federation of Menopause Societies and 20th Annual Academic Sessions of Menopause Society of Sri Lanka was concluded with the awards ceremony, Valedictory Session and vote of thanks delivered by Dr. Madura Jayawardane, Secretary of Menopuse Society of Sri Lanka.

Induction of the New President of **SAFOMS**

The ceremonial induction of Dr. Rohana Haththotuwa as the new president of the SAFOMS (South Asian Federation of Menopause Societies) was held during 6th Biennial Conference of South Asian Federation of Menopause Societies (SAFOMS) and 20th Annual Academic Sessions of Menopause Society of Sri Lanka (MENOSOC) at Taj Samudra Hotel, Colombo on 20th of November 2021.

Chief Guest Prof. Mary Ann Lumsden, Chief Executive Officer FIGO, Guest of Honour Dr. Anil Jasinghe, Director General of Health Services, Dr. Jaideep Malhotra, President SAFOMS, Dr. Narendra Malhotra, Dr. Ambuja Choranur, President of IMS, Dr. Tripura Sundari, Dr. Neelam Agrawal, Past President of IMS, Dr. Zinnat Nasrin, General Secretary of Bangladesh Menopause Society and Dr. Aparna Hegde, Consultant Urogynaecologist from India graced this occasion.



Dr. Rohana Haththotuwa (MBBS, FRCOG, FSLCOG) is a senior Obstetrician and Gynaecologist and founder of Nine Wells Mother and Baby Care Hospital in Sri Lanka. He has held many posts and has delivered numerous lectures nationally and internationally. He has authored numerous articles in journals and chapters in books. He was the past president of Sri Lanka College of Obstetrics and Gynaecology in 2008 and Menopause Society of Sri Lanka in 2012 - 2014. Presently he is the Secretary General of Asia Oceania Federation of Obstetrics and Gynaecology (AFOG) and President of South Asian Federation of Obstetrics and Gynaecology (SAFOG).

Following the ceremonial procession and lighting of the traditional oil lamp by distinguished guests and council members of the SAFOMS and Menopause Society of Sri Lanka, the gathering was addressed by the outgoing president, Dr. Jaideep Malhotra.



Dr. Malhotra read the citation of Dr. Rohana Haththotuwa. The President medal was awarded to new president Dr. Rohana Haththotuwa by outgoing president Dr. Jaideep Malhotra and past president medal was awarded to Dr. Malhotra by the new president Dr. Haththotuwa.



New President Dr. Rohana Haththotuwa then delivered the Presidential address. He thanked all the council members including outgoing president Dr. Jaideep Malhotra, all past presidents and past council members, for their great work instrumental in bringing the SAFOMS up to its current status. He briefed the audience on the work he planned to carry out within his turn to further uplift the menopausal care in SAFOMS countries.

Many distinguished guests added the colours to this special occasion in the history of SAFOMS. Leading medical professionals from the SAFOMS countries and Menopause Society of Sri Lanka participated the event.



M.D.P. GOONERATNE ENDOWMENT LECTURE

A Tribute to a Great Legend



Menopause Society of Sri Lanka was started on 19th June 2000 and Dr. M.D.P. Gooneratne was the founder president of the society. He was the pioneer person behind the initiation of the Menopause Society of Sri Lanka. M.D.P. Gooneratne Endowment Lecture has become a key annual event of the society calendar, since it is a well deserved "TRIBUTE" to recognize the contribution made by Dr. M.D.P. Gooneratne.

M.D.P. Gooneratne Endowment Lecture was held during the 6th Biennial Conference of South Asian Federation of Menopause Societies (SAFOMS) and 20th Annual Academic Sessions of Menopause Society of Sri Lanka (MENOSOC) on 21st of November 2021 at Taj Samudra Hotel, Colombo.



Prof. Hemantha Perera, Professor in Obstetrics and Gynaecology and past president of Menopause Society of Sri Lanka was privileged to deliver the M.D.P. Gooneratne Endowment Lecture. Theme of the endowment lecture was "Covid 19, Ovary and Menopause".

Dr M.D.P. Gooneratne, Founder President of Menopause Society of Sri Lanka and his family were present to grace the occasion. More than 150 guests and members of the Menopause Society of Sri Lanka participated the event.





MENOSOC ORATION

“Evolution of Menopausal Management: Embracing or Confronting Nature's Design?”



The topic of the MENOSOC Oration 2021 was “Evolution of Menopausal Management: Embracing or Confronting Nature's Design?” and it was delivered by Professor Piyusha Atapattu, Professor in Physiology, Faculty of Medicine, University of Colombo during 6th Biennial Conference of South Asian Federation of Menopause Societies (SAFOMS) and 20th Annual Academic Sessions of Menopause Society of Sri Lanka (MENOSOC), on 21st of November 2021.

Prof. Piyusha Atapattu is the President Elect of the Menopause Society of Sri Lanka for year 2023-2024 and has been enthusiastically contributing to its activities for over a decade. She is also a council member

of the South Asian Federation of Menopause Societies (SAFOMS) for last 6 years. She is the Vice President of both the Physiological Society of Sri Lanka and the South Asian Association of Physiologists. She is also the editor in chief of the quarterly newsletter of the South Asian Association of Physiologists.

The Orator's medal and the certificate was awarded to Prof. Piyusha Atapattu by Dr. Sanath Akmeemana, President of Menopause Society of Sri Lanka.



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Reference: 1. Amy JJ. Femoston®: Effects on bone and quality-of-life. Eur Menop J 1995;2(4) (Suppl):16-22. 2. Stevenson JC, Durand G, Kahler E, et al. Oral Ultra-low dose continuous combined hormone replacement therapy with 0.5 mg 17β-estradiol and 2.5 mg dydrogesterone for the treatment of vasomotor symptoms: Results from a double-blind, controlled study. Maturitas 2010;67:227-232. 3. Cierad D, Conrad C, Jesinger D, et al. Clinical study comparing the effects of sequential hormone replacement therapy with estradiol/dydrogesterone and conjugated equine oestrogen/norgestrel on lipids and symptoms. Arch Gynecol Obstet 2006;274:74-80. Image for representation purpose only, not of actual patient

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