



Menosoc

Newsletter of the Menopause Society of Sri Lanka



November 2022

Volume 13 Issue 01



**Heartiest Congratulations to
Prof. Piyusha Atapattu
New President of Menopause Society of Sri Lanka**

Edited by Dr. Sharada Jayalath

**Annual General Meeting
of Menopause Society of
Sri Lanka.... Page 02**



**Annual Academic
Sessions of Menopause
Society of Sri Lanka –
MENOSOC 022.... Page 04**



**MENOSOC 2022 –
ANNUAL DINNER....
Page 11**



**Dr. M.D.P. Gooneratne
Endowment Lecture....
Page 14**



Published by Menopause Society of Sri Lanka

Committed to improve the post reproductive life of Sri Lankan woman

112, Model Farm, Road, Colombo – 08, Sri Lanka

TP / Fax: 0094 11 2699211

menosoc.srilanka@gmail.com

www.menosocsl.lk

Council of Menopause Society of Sri Lanka

President

Prof. Piyusha Atapattu

President Elect

Dr. Harsha Atapattu

Past President

Dr. Sanath Akmeemana

Vice President

Dr. Janakie Karunasinghe

Secretary

Dr. Darshana Abeygunawardana

Assistant Secretaries

Dr. Dasanthi Akmeemana

Dr. Chinthaka Banagala

Treasurer

Dr. Champa Nelson

Editor

Dr. Sharada Jayalath

Chairman Academic Activities

Dr. C. D. Ekanayake

Secretary Social Activities

Dr. Shiromali Dissanayake

Council Members

Dr. M.D.P. Gooneratne

Dr. Hemantha Perera

Dr. Mrs. Marlene Abeywardena

Dr. Rohana Haththotuwa

Prof. W. I. Amarasinghe

Dr. Mangala Dissanayake

Prof. Sanath Lanerolle

Dr. Ruwan Silva

Dr. Indumini Gunathilaka

Dr. M. Sathanandan

Dr. Madhava Karunarathna

Dr. Achintha Dissanayake

Dr. Madura Jayawardena

Dr. Thivanka Munasinghe

Dr. Srisanjeevan

Co-opted Members

Dr. Chaminda Mathota

Ms. Manel Amarasinghe

Mrs. Chandrika Haththotuwa

Sri Lanka Journal of Menopause – SLJOM

Second issue of the third volume (Volume 03 Issue 01) of Sri Lanka Journal of Menopause was published in March 2022. The Sri Lanka Journal of Menopause (SLJOM) is an editorially independent publication owned by Menopause Society of Sri Lanka. The journal publishes peer reviewed work in all areas of Menopause including urogynaecology, oncology and clinical practice.

“Dento-oral Problems in Menopause” by Palipana PD is the leading article of the journal. Other articles include “Evolution of Menopausal Management: Embracing or Confronting Nature’s Design?”, ‘Outpatient Hysteroscopy in Management of Peri & Postmenopausal Women’, “Menopause and Sexuality” and “Assessment of Effectiveness of Pre-Operative Consenting in Major Gynecological Surgeries”

Online version of the SLJOM can be accessed via Sri Lanka Journals Online (SLJOL), <https://sljom.sljol.info>.



Annual General Meeting of Menopause Society of Sri Lanka - 2022

The AGM of the Menopause Society of Sri Lanka was held on 16th of October 2022 in Galadari Hotel. New president Prof. Piyusha Atapattu, Outgoing President Dr. Sanath Akmeemana, Founder President Dr. M.D.P. Gooneratne, and the council members of Menopause Society, participated the event. The gathering was warmly welcomed by Outgoing President Dr. Sanath Akmeemana. Minutes of previous Annual General Meeting 2021 was presented by Outgoing Secretary Dr. Madura Jayawardena.



Dr. Sanath Akmeemana presented the president's report, briefing the activities done under his tenure during year 2020-2022. He thanked all the council members for their support and guidance, and expressed his gratitude to the council for their dedication and commitment in conducting the numerous activities during the year 2020-2022.

Dr. Madura Jayawardena, Outgoing Secretary of Menopause Society of Sri Lanka, presented the secretary's report. He thanked all the council members for supporting him and specially thanked Dr. Sanath Akmeemana for the guidance he has given during his period.

Dr. Harsha Atapattu, the chairman academic activities, briefed the activities done during this period. He stated that 6th Biennial Conference of South Asian Federation of Menopause Societies and 20th Annual Academic Sessions of Menopause Society of Sri Lanka (SAFOMS – MENOSOC 2021), which was the biggest event conducted during this period, was highly successful and he thanked all the members of the council for their contribution. He further stated that 21st Annual Academic Sessions of Menopause Society of Sri Lanka (MENOSOC - 2022), was the final event organized by the outgoing council, and it was another successful event of the calendar. Dr. Champa Nelson, Treasurer of the Menopause Society of Sri Lanka, presented the treasurer's report.

New council and office bearers for year 2022-2024 were elected unanimously. Prof. Piyusha Atapattu, Professor in Physiology, Faculty of Medicine, University of Colombo was elected as the new President of Menopause Society of Sri Lanka. According to the tradition, the President Medal was presented to new President Prof. Piyusha Atapattu by the Outgoing President Dr. Sanath Akmeemana.



Dr. Harsha Atapattu was elected as President Elect and Dr. Janakie Karunasinghe was elected as Vice President. Dr. Darshana Abeygunawardana was elected as Secretary. Dr. Dasanthi Akmeemana and Dr. Chinthaka Banagala were elected as Assistant Secretaries. Dr. Champa Nelson was elected as Treasurer while Dr. Sharada Jayalath was elected as the Editor of the Menopause Society. Dr. C.D. Ekanayake and Dr. Shiromali Dissanayake were elected as Chairmen of Academic Activities and Chairmen of Social Activities respectively.

Dr. M.D.P. Gooneratne, Prof. Hemantha Perera, Dr. Rohana Haththotuwa, Dr. (Mrs.) Marlene Abeywardena, Prof. W.I. Amarasinghe, Dr. Mangala Dissanayake, Prof. Sanath Lanerolle, Dr. Ruwan Silava, Dr. Indumini Gunathilake, Dr. M. Sathanandan, Dr. Madhava Karunarathna, Dr. Achintha Dissanayake, Dr. Madura Jayawardena, Dr. Thivanka Munasinghe and Dr. Sri Sanjeevan were elected as new council members. Dr. Chaminda Mathota, Ms. Manel Amarasinghe and Mrs. Chandrika Haththotuwa were elected as co-opted members.

Finally the gathering was addressed by the new President Prof. Piyusha Atapattu. She thanked all the members of the Menopause Society of Sri Lanka for electing her as the new president. She extended her gratitude to the past presidents and council members, and she appealed their continued support during her term of office. Finally, Dr. Atapattu briefly outlined her plans for the next two years. AGM 2022 was concluded with the vote of thanks presented by Dr. Darshana Abeygunawardana, new Secretary of Menopause Society of Sri Lanka.



MENOSOC 2022

21st Annual Academic Sessions of Menopause Society of Sri Lanka

Inauguration

The 21st Annual Academic Sessions of the Menopause Society of Sri Lanka (MENOSOC 2022) was held ceremonially on the 16th of October 2022 at the Galadari Hotel, Colombo, under the theme of "New Frontiers in Post-reproductive Health."



Mr. Kunle Adeniyi, Country Representative of the United Nations Population Fund (UNFPA), was honored as the Chief Guest, while Dr. Anil Jasinghe, Director General of Health Services, Sri Lanka, and Dr. Palitha Abeykoon, Former Chairmen of the National Authority on Tobacco and Alcohol in Sri Lanka, graced the occasion as Guests of Honour. Furthermore, Dr. Shobhana Mohandas, President of the Indian Menopause Society, Prof. Suchithra Pandith, Professor in Obstetrics and Gynecology in India, Dr. Hara Pattanaik, Consultant Obstetrician and Gynecologist in India, Brigadier General Dr. Suraiya Rahman, Vice President of the Bangladesh Menopause Society, and Prof. Rubina Hussain, President of Pakistan Menopause Society, also participated as special guests on this grand event.





Dr. M.D.P. Gooneratne, the founder president of Menopause Society of Sri Lanka (MSSL), Council members of MSSL including Dr. Hemantha Perera, Dr. (Mrs.) Marlene Abeywardena, Prof. W.I. Amarasinghe, Dr. Mangala Dissanayake, Prof. Piyusha Atapattu, Dr. Sanath Lanerolle, Dr. (Mrs.) Janakie Karunasighe, Dr. Dasanthi Akmeemana, Dr. Harsha Atapattu, Dr. Shiromali Dissanayake, Dr. Madura Jayawardena, Dr. Darshana Abeygunawardena, Dr. Sharada Jayalath, Dr. T. Kadotgajan, Dr. Champa Nelson, Dr. Chaminda Mathota, Dr. C.D. Ekanayake, Dr. M. Sathanandan, Dr. Ruwan Silva, Dr. U.G.Kariyawasam, Dr. Dilhara Samaraweera, Dr. Diluk Senadheera, Dr. Thivanka Munasinghe, and other members of the society participated to grace the event.

MENOSOC 2022 was initiated with the arrival of the procession and the lighting of the traditional oil lamp.





Dr. Sanath Akmeemana, President of Sri Lanka Menopause Society, carried out the word of welcome. Dr. Kunle Adeniyi, the honorable chief guest, and all the other eminent guests were warmly welcomed by his speech.

Afterward, Dr. Palitha Abeykoon, the guest of honour, addressed the gathering. During his speech, he emphasized the active contribution and the strive of Menopause Society of Sri Lanka to improve the quality of

life and the living standards of middle-aged women for many decades. In addition, he cherished the multiple educational and awareness-creating activities done by society. The guest of honour Dr. Anil Jasinghe stated that the Menopause Society of Sri Lanka has made significant contributions to improving the quality of care for postmenopausal women since its inception in 2000. He vowed to provide continuous ministries' support in the upcoming years.



The Chief Guest, Mr. Kunle Adeniyi, declared that with the collaboration of MSSSL, UNFPA is committed to improve the quality of life of Sri Lankan women of menopausal age, advancing their health and wellbeing, enabling the strengthening of their agency, and breaking down the stereotypes associated with aging.

According to Mr. Adeniyi, out of Sri Lanka's total population of 20,359,439, 56% were women in 2012. Among those, 2,524,570 (12.4%) were over the age of 60. In addition, he discussed the key challenges faced by postmenopausal women, such as limitations of information on menopause / post menopause / gendered aspects of health care, unequal access to health services because they do not adequately cater to the gendered needs of older women, cultural traditions and attitudes that limit access to sexual and post-reproductive health services in older age, and the risks of violence faced by older women.

The inauguration ceremony of 21st 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.

Scientific Programme

The scientific programme of MENOSOC-2022 was consisted of three MENOSOC symposia, a SAFOMS session, two plenary lectures, and a case-based discussion (CBD). It began with the MENOSOC symposium 01, and the theme was "Hormones and Reproductive Organs". There were three presentations included in the session, namely "PCOD and Menopause," "Androgen Therapy in Women: What, When, and Why?" and "Postmenopausal Endometriosis (PME)". The presentations were done by Dr. Darshana Abeygunawardana, Consultant Obstetrician and Gynecologist at Base Hospital Homagama, Dr. Madura Jayawardane, Senior Lecturer and Consultant Obstetrician and Gynecologist at Colombo South Teaching Hospital, Kalubowila, and Dr. Sharada Jayalath, Acting Consultant Obstetrician and Gynecologist at Base Hospital Udugama, respectively.



MENOSOC Symposium 02 was based on "New Approaches in the Management of Menopause. Dr. (Mrs.) Janakie Karunasingha, Consultant Obstetrician and Gynecologist at Castle Street Hospital for Women in Colombo, discussed "Hot Flashes in Menopause". Meanwhile, Dr. Kanchana Wijesinghe, Consultant Surgeon at Colombo South Teaching Hospital, Kalubowila, discussed the "Surgical Options and Breast Reconstructions". Dr. Chathuri Suraweera, Consultant Psychiatrist at NHSL Colombo, addressed the gathering on "Preventing Dementia: Is It Possible?".



The SAFOMS session was an integrated session conducted by the representatives of member countries of the South Asian Federation of Menopause Societies (SAFOMS), and the theme was "Ovary and Menopause." The audience was tutored on "Preserving Ovarian Function: Why and How?" by Brigadier General Dr. Suraiya Rahman, Vice President of the Bangladesh Menopause Society. Prof. Rubina Hussain, President of the Pakistan Menopause Society, did a discussion on "The Effect of COVID-19 on Reproductive Health". Afterward, a lecture on "Aging Ovary, Fertility, and Offspring" was given by Dr. Shobhana Mohandas, President of the Indian Menopause Society.



"Recent Updates in the Management of Menopause" was laid out under MENOSOC Symposium 03. Prof. Piyusha Atapattu, Professor in Physiology at the Faculty of Medicine, University of Colombo, discussed about "Environmental Pollution: A Looming Threat to Ovarian Function". "Recent Progress in the Treatment of Osteoporosis" was discussed by Dr. Sachith Abayaratna, Senior Lecturer in Pharmacology at the Faculty of Medicine, University of Colombo. Furthermore, Dr. Umagowry Saravanamuttu, Consultant Clinical Oncologist at Apeksha Hospital, Maharagama, discussed "Novel Therapeutics in Oncological Management of Carcinoma of the Breast in Postmenopausal Women".



The academic program consisted of two plenary lectures. The first, "HRT: Where are We Now?" was presented by Dr. M.D.P. Gooneratne, Founding President of the Menopause Society of Sri Lanka, while the

second, "Managing Menopause under Economic Constraints," was delivered by Dr. Mangala Dissanayake, Consultant Obstetrician and Gynecologist at General Hospital, Kalutara.

The case-based discussion was led by Dr. Harsha Atapattu, Consultant Obstetrician and Gynecologist at De Soysa Maternity Hospital in Colombo, and Dr. Chanil Ekanayake, Senior Lecturer and Consultant Obstetrician and Gynecologist at Sir Jhon Kothalawala Defence University. It was enjoyed by the postgraduate trainees.



Seven free papers were presented at MENOSOC-2022. Winners were selected for first, second, and third places and rewards and certificates were granted to them. More than 150 delegates, including foreign and local consultants, doctors, post-graduate trainees, nurses, midwives, medical students, and other stakeholders in menopausal care, engaged in this fabulous event.



Finally, a vote of thanks was given by Dr. Madura Jayawardane, Secretary of the Menopause Society of Sri Lanka, at the 21st Annual Academic Sessions of the Menopause Society of Sri Lanka, which concluded with the awards ceremony and valedictory session. The contribution made by the sponsors were highly appreciated by the organizing committee.



MENOSOC 2022 - ANNUAL DINNER





TRIBUTE TO DR. M.D.P. GOONERATNE

Dr. M.D.P. Gooneratne Endowment Lecture

In the historic day of 19th June 2000, Menopause Society of Sri Lanka was initiated, and it was pioneered by Dr. M.D.P. Gooneratne, Senior Obstetrician and Gynaecologist. He became the founder president of the society. During this 23 years of journey of Menopause Society of Sri Lanka, Dr. Gooneratne has made a tremendous contribution to built it up to the current status.

To appreciate the service rendered by Dr. Gooneratne, first Dr. M.D.P. Gooneratne Endowment Lecture was launched ceremonially on 29th September 2019 at Shangri-La Hotel, Colombo. Since its inception it has become a key annual event of the society calendar.

Dr. M.D.P. Gooneratne Endowment Lecture was held during the 21st Annual Academic Sessions of Menopause Society of Sri Lanka (MENOSOC 2022) on 16th October 2022 at Galadari Hotel, Colombo. Dr. Hara Pattanaik, Senior Consultant Obstetrician and Gynaecologist from India, was privileged to deliver the M.D.P. Gooneratne Endowment Lecture. Theme of the endowment lecture was “Mature women: what do they want?”.



Dr. Hara Pattanaik is the Founder Secretary of Indian Menopause Society (IMS) Odisha Chapter. He is the Vice-President, FOGSI in year 2009, and the National Corresponding Editor of FOGSI Journal from year 2012 to 2015. He was the President of Indian Menopause Society (IMS) in year 2015, and the Vice-President of IMS in year 2012. He also held the Secretary General post of IMS in year 2010.

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

