



# Menosoc

Newsletter of the Menopause Society of Sri Lanka



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**MENOSOC 2023**

22<sup>nd</sup> Annual Academic Sessions  
of  
Menopause Society of Sri Lanka

*“Midlife and Beyond - Clarity from Confusion”*

23<sup>rd</sup> July 2023  
at  
Galadari Hotel, Colombo.

Edited by Dr. Sharada Jaylath

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Committed to improve the post reproductive life of Sri Lankan woman

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### Sri Lanka Journal of Menopause – SLJOM

First issue of the fourth volume (Volume 04 Issue 01) of Sri Lanka Journal of Menopause was published in March 2023. 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.

“Androgen Therapy for Postmenopausal Women; What is New?” by Hewawitharana KG and Jayawardane M is the leading article of the journal. Other articles include “SSRI & SNRI over Menopausal Hormone Therapy (MHT)’ by Somirathne D, and “A Review on Hormonal Replacement and Urinary Incontinence following Menopause” by Hewawitharana KG, Liyanapatabendi D, Bodhinarayana TN and Meegoda JV.

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





# A Day at Homagama



Successful “Mihiri Mediwiya” programme was conducted at Auditorium of Divisional Secretariate Office, Homagama on 9<sup>th</sup> December 2022. The programme was organized by Menopause Society of Sri Lanka.

The programme was commenced with the lighting of traditional oil lamp. The gathering was warmly welcomed by Prof. Piyusha Atapattu, President of Menopause Society of Sri Lanka. According to Prof. Atapattu, the purpose of the programme was to improve the knowledge on menopause related common health issues among postmenopausal women.



Dr. Darshana Abeygunawardana, Honorable Secretary of Menopause Society of Sri Lanka and Consultant Obstetrician and Gynaecologist at Base Hospital Homagama, explained the basic principles behind the menopause. Dr. Harsha Atapattu, Consultant Obstetrician and Gynaecologist at De Soysa Maternity Hospital, Colombo, discussed on “Sexual health in menopause” and “Screening and prevention of gynaecological cancers”. Dr. Hemantha Perera, Senior Consultant in Obstetrics and Gynaecology, enlightened the gathering on “Pregnancy and contraception”.

“Abnormal uterine bleeding during menopause” was discussed by Dr. Dinuka Lankeshwara, Consultant Obstetrician and Gynaecologist at Base Hospital, Homagama. Prof. Piyusha Atapattu enlightened the audience on “Screening, prevention and management of osteoporosis”. Dr. Sanath Akmeemana, Immediate Past President of Menopause Society of Sri Lanka and Consultant Obstetrician and Gynaecologist at CSTH, addressed the gathering on “Genitourinary syndrome in menopause”.

“Management of Menopausal related health issues including vasomotor symptoms and the use of menopausal hormone therapy” was discussed by Dr. M.D.P. Gooneratne, Founder President of Menopause Society of Sri Lanka. Dr. Shiromali Dissanayake enlightened the gathering on “Importance of healthy lifestyle and balanced nutrition during menopausal period”.

The programme was concluded with vote thanks presented by Honorable Secretary, Dr Darshana Gunawardana.



# IMSCON 2023



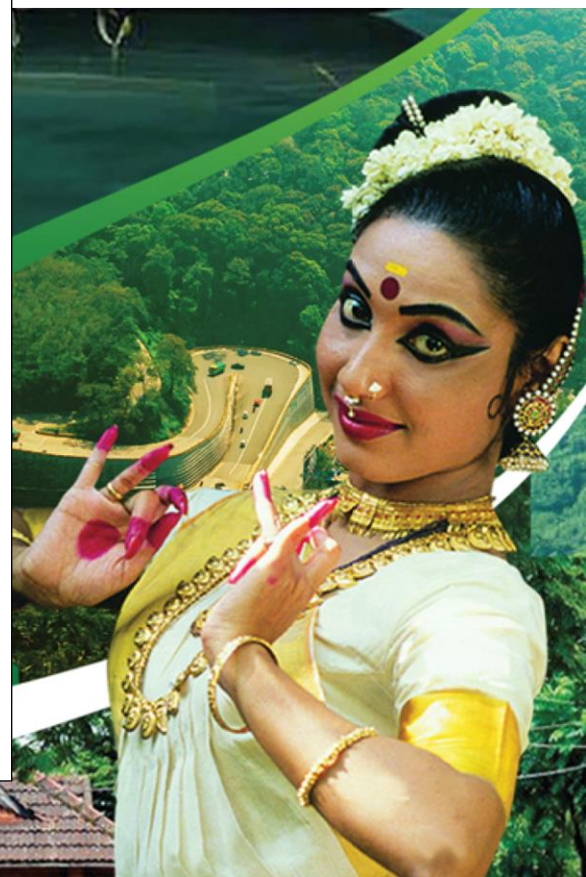
## 28TH NATIONAL CONFERENCE OF INDIAN MENOPAUSE SOCIETY



28<sup>th</sup> National Conference of Indian Menopause Society was held on 17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> of February 2023 at Hotel Apollo Dimora, Calicut, India. The theme of IMSCON 2023 was “Enjoy Menopause with Dignity”. Dr. Beena Philip, Honorable Mayor of Kozhikode Corporation privileged to be the Chief Guest.

Dr. Sanath Akmeemana, Immediate Past President of Menopause Society of Sri Lanka, and Dr. Darshana Abeygunawardana, Honorable Secretary of Menopause Society of Sri Lanka, graced the conference as international delegates. Dr. Sanath Akmeemana privileged to discuss on “Environmental effects of ovary”. Dr. Darshana Abeygunawardana enlightened the audience on “Chemotherapy induced osteoporosis.”

Highlights of the events included workshops, orations, panel discussions, debates, free papers, posters, and quiz. A spectacular tour to hill statins of Wayanad, Kelara was arranged on 16<sup>th</sup> of February. IMSCON 2023 was concluded on 19<sup>th</sup> February 2023 with closing ceremony.



# Current Management of Post Reproductive Health of Women

## Programme for Health Care Professionals



A programme on “Current Management of Post Reproductive Health of Women for Health Care Professionals” was conducted by Menopause Society of Sri Lanka on 7<sup>th</sup> February 2023 at Auditorium of MOH Office at Piliyandala. The workshop commenced with the welcome speech delivered by Prof. Piyusha Atapattu, President of Menopause Society of Sri Lanka. Dr. Mangala Dissanayake, Consultant Obstetrician and Gynaecologist at General hospital Kalutara, discussed on “Introduction to post reproductive age and symptoms of menopause”.



Abnormal menstruation is a common complication faced by peri and postmenopausal women. Dr. Chinthaka Banagala, Consultant Obstetrician and Gynaecologist at Kotelawala Defence University discussed the causes and management of abnormal menstruation. Dr. Achintha Dissanayake, Consultant Obstetrician and Gynaecologist at Kotelawala Defence University, enlightened the gathering on “Gynaecological cancer screening and prevention”.



Perera, Senior Consultant Obstetrician and Gynaecologist. Dr. Chanil Ekanayake, Consultant Obstetrician and Gynaecologist at Kotelawala Defence University, addressed the gathering on “Urinary dysfunctions”. Dr. (Mrs.) Janakie Karunasinghe, Consultant Obstetrician and Gynaecologist at CSHW, enlightened the audience on “Menopause – Management Principles, Treatment Options & Controversies”.



Contraception during peri and postmenopausal period is a less addressed topic in the society. Well informative lecture was delivered by Dr. Sanath Akmeemana, Immediate Past President of Menopause Society of Sri Lanka, on “Pre-menopausal contraception”. Dr. Siromali Dissanayake addressed the gathering on “Osteoporosis – prevention, detection and management”. “Psychological changes with aging” was discussed by Dr. Dasanthi Akmeemana, Consultant Psychiatrist at CSTH.



Healthy lifestyle and balanced nutrition are very important to maintain good health during postmenopausal period. Prof. Piyusha Atapattu, Professor in Physiology, Faculty of Medicine, University of Colombo, addressed the gathering on “Lifestyle Modification and Nutrition after Menopause”. Finally, Dr. Darshana Abeygunawardana, Consultant Obstetrician & Gynaecologist at Base Hospital Homagama, had a discussion on questions raised by the participants. The programme ended with closing ceremony and distribution of certificates.

The importance of Sexual health in peri and postmenopausal period was discussed by Dr. Hemantha



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### **GUIDELINES FOR PREPARATION OF ABSTRACTS FOR FREE PAPERS**

\* **Title** : bold capitals (font size 14).

On a new line give the names of all the authors, author affiliations and the name and the email address of the corresponding author. Underline the name of the presenting author.

\* **Word count**: 250 words. (excluding title, author information)

\* **Text**: Times New Roman (font size 12) with full justification.

\* **Format**:

1. Aims and objectives
2. Methods
3. Results,
4. Conclusions

Abstracts should be submitted electronically to [menosoc.srilanka@gmail.com](mailto:menosoc.srilanka@gmail.com).

There is no limit on the number of abstracts an author may submit.

Following submission the corresponding author will receive an acknowledgement via email.

\* **Abstract decision**: conveyed to the corresponding author by 10<sup>th</sup> July 2023

## **Deadline for Abstract Submission 10<sup>th</sup> June 2023**

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