



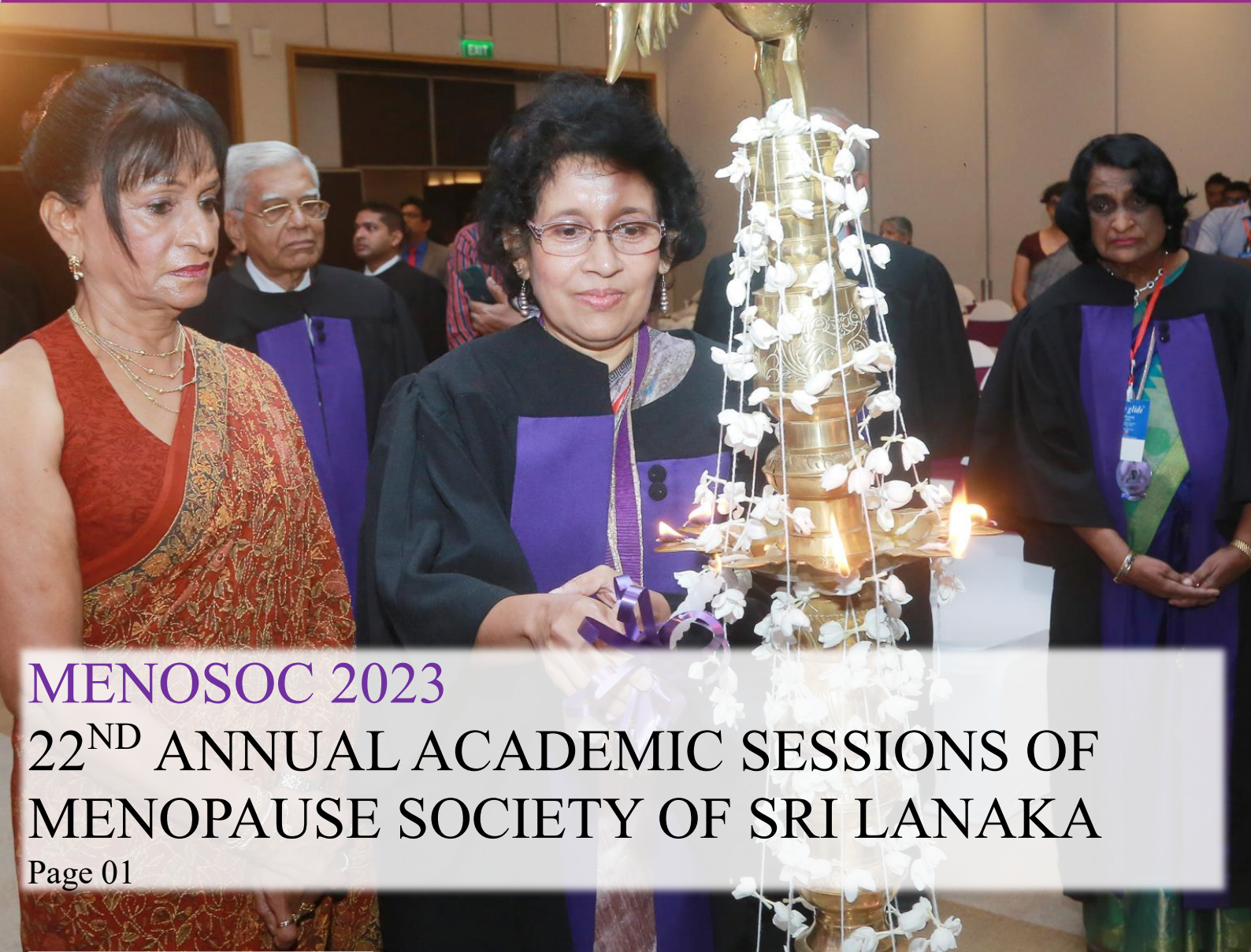
Menosoc

Newsletter of the Menopause Society of Sri Lanka



July 2023

Volume 13 Issue 03



MENOSOC 2023

22ND ANNUAL ACADEMIC SESSIONS OF MENOPAUSE SOCIETY OF SRI LANAKA

Page 01

*Menopause Awareness
programme at Walasmulla*
Page 11

*TOT – SRH and Menopause
Awareness Programme - Mass
Holdings Nawala*
Page 14

*Pre-Congress Workshop on
Bladder and Ureteric Injuries*
Page 16



Edited by Dr. Sharada Jayalath

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Committed to improve the post reproductive life of Sri Lankan woman

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Webinars Conducted by SAFOMS - MENOSOC

MENOSOC-SAFOMS WEBINAR
ORGANIZED BY THE
MENOPAUSE SOCIETY OF SRI LANKA
SUNDAY 19TH MARCH 2023 FROM 7.30 PM-9.30 PM SL TIME
WHAT IS NEW IN THE MANAGEMENT OF MENOPAUSE?
(PROGRAMME COORDINATOR)
DR. CHANIL EKANAYAKE

Time	Topic	Speaker
7.30 PM	WELCOME ADDRESS	DR. ROHANA HATHTHOTUWA President SAFOMS
7.35 PM	INTRODUCTORY REMARKS	DR. SANATH AKMEEMANA Immediate Past President, Menopause Society of Sri Lanka
7.40 PM	CELL, ENDOCRINE, IMMUNE AND NEUROLOGICAL SYMPTOMS	PROF. PIYUSHA ATAPATTU President, Menopause Society of Sri Lanka Deputy Secretary SAFOMS
7.55 PM	RECENT ADVANCES IN THE MANAGEMENT OF HORMONAL SYMPTOMS	PROF. ZINLAT MASREEN Secretary General, Bangladesh Menopause Society Treasurer SAFOMS
8.10 PM	WHAT IS NEW IN MANAGEMENT OF COGNITIVE DYSFUNCTION IN MENOPAUSE	PROF. NEELA TULADHAR Past President, Nepal Society of O & G
8.25 PM	NEW DEVELOPMENTS IN MANAGEMENT OF VASOMOTOR SYMPTOMS	DR. SUNBUL SOHAIL Secretary General, Pakistan Menopause Society
8.40 PM	CURRENT MANAGEMENT OF GYNECOLOGICAL SYMPTOMS OF MENOPAUSE	DR. SUDHAMA BHOJANANDAS President, Indian Menopause Society
8.55 PM	UPDATE ON CARDIOVASCULAR HEALTH IN MENOPAUSE: RISK	DR. H.D.P. GOONERATNE Founder President, Menopause Society of Sri Lanka
9.10 PM	QUESTIONS ANSWERS	DR. HEMANTHA PERERA Consultant Obstetrician & Gynaecologist Editor in Chief SAFOMS
9.25 PM	CONCLUDING REMARKS	DR. MANGALA DISSANAYAKE Past President, Menopause Society of Sri Lanka

Registration - Free of Charge

Certificate of attendance will be given only to those participants who return the completed Feedback form at the end of the webinar.

The session will be live streamed on [Click here For Registration](#)

bring it to you by Developed in Sri Lanka

SAFOMS WEBINAR with SMLM
3rd in Series on Mid-Life QoL issues on
How MOOD, ANXIETY & IRRITABILITY Impact QoL of Mid Life women
Thursday, 18th May, 2023 | 7:00 PM – 9:00 PM IST

CONFERENCE OF WEBINAR SERIES | CHIEF GUEST

Prof. Dr. Maninder Arora
Vice President SAFOMS (India)

Dr. Rohana Haththotuwa
President SAFOMS (Sri Lanka)

EXPERT CHAIRPERSONS

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Dr. Jyoti Ramesh A. Trivedi
Mentorship Unit (MUMS)
Bangladesh Menopause Society
FOSS 2021-22 India

Dr. Shylpa P.
Chairperson, Medical Management Committee
Postgraduate College of Phys & Surgeons (SCPS)

Dr. Rachana Sharma Basnet
Associate Prof. Psychiatry
Kathmandu Medical College Nepal

MOOD DISORDERS IN MIDLIFE

Dr. Dasanthi Akmeemana
Consultant Psychiatrist, Ministry of Health, Colombo South Teaching Hospital, Sri Lanka

MIDDLE LIFE ANXIETY

Dr. Rudhni Jayasekara
Consultant Psychiatrist, Teaching Hospital, Kalmunai, Sri Lanka

IRRITABILITY IN MID LIFE

Dr. Malika Gunathilake
Consultant in Mid Age Psychiatry
Ministry of Health, Colombo South Teaching Hospital, Sri Lanka

CONCLUDING REMARKS
VOTE OF THANKS

Dr. Pam Gooneratne
Past President SAFOMS

SAFOMS please Register in advance!
ZOOM ID: 850 0239 6992
No password
Registration is free but compulsory
Once registered get reminders for all webinars in series

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Follow us on:

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. Darshana Abeygunawardana
Secretary
Email - menosoc.srilanka@gmail.com



MENOSOC 2023

22nd Annual Academic Sessions of Menopause Society of Sri Lanka

Inauguration Ceremony

The 22nd Annual Academic Sessions of Menopause Society of Sri Lanka (MENOSOC 2023) was held ceremonially on 23rd of July 2023 at Galadari Hotel, Colombo, under the theme of "Midlife and Beyond – Clarity from Confusion"

Justice Shiranee Thilakawardene, Retired Supreme Court Judge, was honored as the Chief Guest, while Dr. Pushpa Sethi, President, Indian Menopause Society, graced the occasion as Guests of Honour. Furthermore, Dr. Isabel Hermenegildo, President of Gyneco-aesthetic committee of SPMF, Prof. Rubina Hussain, President of Pakistan Menopause Society, Dr. Farzana Deebea, Joint Secretary of Bangladesh Menopause Society, Dr. Anshumala Joshi and General Secretary of Nepal 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, Council members of Menopause Society of Sri Lanka 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. 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 Menopause Society of Sri Lanka participated to grace the event.

MENOSOC 2023 was commenced with the arrival of the procession and the lighting of the traditional oil lamp. Prof. Piyusha Atapattu, President of Menopause Society of Sri Lanka, carried out the word of welcome. Justice Shiranee Thilakawardene, the honorable chief guest, and all the other eminent guests were warmly welcomed by her speech.





Afterward, Dr. Pushpa Sethi, President, Indian Menopause Society and the Guest of Honour, addressed the gathering. During her speech, she emphasized that Menopause Societies of both countries have always strived towards making life of our postmenopausal women healthy. She also stated that we have done extensive public awareness programmes to convey the message of our latest knowledge and research to the average midlife woman.



The Chief Guest, Justice Shiranee Thilakawardene, stated that menopause emerges as a subject largely unexplored and publicly undisclosed. She appreciated the efforts made by Menopause Society of Sri Lanka regarding the complex experiences faced by women in the perimenopausal and postmenopausal phases of life.

Year 2023 “MENOSOC Oration” was delivered by Dr. Mangala Dissanayake, Consultant Obstetrician and Gynaecologist at Teaching Hospital Kalutara and the topic was “So close yet so far - Bridging the gap from midlife to menopause”.



The inauguration ceremony of 22nd Annual Academic Sessions of Menopause Society of Sri Lanka was concluded with the vote of thanks presented by Dr. Darshana Abeygunawardena, Honourable Secretary of Menopause Society of Sri Lanka.

Scientific Programme

The scientific programme of MENOSOC 2023 was consisted of MENOSOC symposium, SAFOMS symposium, Panel Discussion, UNFPA session, and a case-based discussion (CBD). It commenced with the panel discussion on “Vulval health”, and the discussion was moderated by Dr. Darshana Abeygunawardana, Secretary of Menopause Society of Sri Lanka. Dr.

Hemantha Perera, Founder Secretary, Menopause Society of Sri Lanka, Dr. Sanath Akmeemana, Immediate Past President, Menopause Society of Sri Lanka, Dr. Chinthaka Banagala, Consultant Obstetrician and Gynaecologist, Kothalawala Défense University, Dr. Premini Rajendran, Consultant Dermatologist, Base Hospital Homagama and Dr. M.K.S.H. Jayasena, Consultant Venereologist (Acting), Base Hospital Homagama participated as resource persons.





A session on “Dilemma of midlife fertility” was conducted in partnership with UNFPA. Opening remarks were given by Mr. Kunle Adeniyi, UNFPA Country Representative, Sri Lanka. Dr. Udara Jayawardena, Consultant in Subfertility and Gynaecology, Colombo North Teaching Hospital discussed the topic of “Fertility in midlife”, while Dr. Harsha Atapattu, Consultant Obstetrician and Gynaecologist, De Soya Maternity Hospital, Colombo discussed on “Making pregnancy safe in advanced maternal age”. “Midlife contraception panacea for the current age” was discussed by Dr. (Mrs.) Janakie Karunasinghe, Consultant Obstetrician & Gynaecologist, Castle Street Hospital for Women, Colombo.

Prestigious Dr. M.D.P Gooneratne Endowment Lecture was delivered by Dr. Pushpa Sethi, President, Indian Menopause Society, and the topic was ‘Menopause and metabolic syndrome’.



The theme of MENOSOC Symposium 1 was “Life Begins at Menopause: Old is the New Young!”. There were three presentations included in the symposium, namely “Turning the clock back: skin and hair” presented by Dr. Nayani Madarasinghe, Consultant Dermatologist, Colombo East Base Hospital, Mulleriyawa, “The role of EBD in postmenopausal restoration, last trends” presented by Dr. Isabel Hermenegildo, President of Gynaeco-aesthetic committee of SPME, and “Exercise after 50: the new reality” delivered by Dr. Himan De Silva, Olympic Sports and Exercise Physician, Sri Lanka.



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 "Update on management of menopause." The audience was tutored on "New horizons-artificial intelligence and managing osteoporosis" by Prof. Rubina Hussain, President, Pakistan Menopause Society, "Management of VMS in gynaecological malignancies" by Dr. Farzana Deeba, Joint Secretary, Bangladesh Menopause Society, and "Cardiovascular health" by Dr. Anshumala Joshi, General Secretary, Nepal Menopause Society.





The case-based discussion was moderated by Dr. Harsha Atapattu, Consultant Obstetrician and Gynecologist at De Soysa Maternity Hospital in Colombo, and Dr. Sriskanthan Srisanjeevan, Senior Registrar in Obstetrician and Gynaecology, De Soysa Maternity Hospital, Colombo. Dr. Shahani Rifhithie, Dr. A.G.M. Ojithmali, Dr. A.G.G.J. Bandara and Dr. P.M.C.K. Palansooriya presented the cases. It was highly enjoyed by the postgraduate trainees.



Seven free papers were presented and four poster presentations were displayed at MENOSOC 2023. 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. Darshana Abeygunawardena, Honorable Secretary of Menopause Society of Sri Lanka, at the 22nd 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.



“Current Management of Post Reproductive Health of Women for Health Care Professionals”

Menopause Awareness Programme at Base Hospital Walasmulla



Menopausal awareness programme for professionals on “Current management of post-reproductive health of women” was conducted at Auditorium, Base Hospital Walasmulla, by Menopause Society of Sri Lanka on 12th May 2023. Main objective of the programme was to discuss the current evidence and updates of management of menopausal related health issues.

Welcome address was delivered by Prof. Piyusha Atapattu, President of Menopause Society of Sri Lanka and Professor in Physiology, Faculty of Medicine, University of Colombo. Prof. Prof Atapattu briefly explained the objectives of the programme.

At the outset, a pretest was conducted to assess the prevailing knowledge of the participants regarding the menopause and related issues. It was moderated by Dr. Darshana Abeygunawardana, Consultant Obstetrician and Gynaecologist at Base Hospital Homagama.

“Introduction to post-reproductive age and symptoms of menopause” was discussed by Dr. Mangala Dissanayake, Consultant Obstetrician and Gynaecologist, Teaching Hospital Kaluthara. Dr. Darshana Abeygunawardana, Consultant Obstetrician and Gynaecologist at Base Hospital Homagama, delivered a speech on “Abnormal menstruation, causes and management”.

Gynaecological cancers are more prevalent among postmenopausal population. Dr. Darshana Abeygunawardana addressed the gathering on “Gynaecological cancer screening and prevention”. “Peri-menopausal contraception”, which is a largely unexplored topic in the society, was discussed by Dr. Mangala Dissanayake.

Dr. Shiromalee Dissanayake, Council Member of Menopause Society of Sri Lanka, discussed on “Prevention, detection and management of osteoporosis”. “Psychological changes with ageing” was addressed by Dr. Tharindya Bandara, Consultant Psychiatrist at Base Hospital, Walasmulla.



Dr. Hemantha Perera, Senior Consultant Obstetrician and Gynaecologist and Founder Secretary of Menopause Society of Sri Lanka, enlightened the gathering on “Sexual health”, while Dr. (Mrs.) Janakie

Karunasinghe, Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Women, Colombo, discussed on 'Urinary dysfunctions in menopause'.

Dr. Wasantha De Silva, Consultant Obstetrician and Gynaecologist at Base Hospital Walasmulla, did a presentation on "Hysterectomy – what should you know?", while Prof. Piyusha Atapattu, did a presentation on "Anemia in midlife"

Dr. M.D.P Gooneratne, Consultant Obstetrician and Gynaecologist and Founder President, Menopause Society of Sri Lanka, discussed on "Menopausal hormone therapy". "Lifestyle modification and nutrition after menopause" were discussed by Prof. Piyusha Atapattu.



A discussion on issues related to management of menopause and related problems were conducted by Dr. Hemantha Perera. Finally, a post-test questionnaire was given to assess the effectiveness of the programme. It was moderated by Dr. Darshana Abeygunawardana.

The programme was ended up with closing ceremony and distribution of certificates. Vote of thanks were given by Dr. Darshana Abeygunawardana, Honorable Secretary of Menopause Society of Sri Lanka. Dr. Wasantha de Silva, Consultant Obstetrician and Gynaecologist at Base Hospital Walasmulla, was a pillar in organizing this highly successful programme.



TOT – SRH and Menopause Awareness Programme at Mass Holdings Nawala

Successful TOT – SRH and Menopause awareness programme was conducted at MAS Active Center, Mass Holdings, Nawala on 27th July 2023. The programme was organized by Menopause Society of Sri Lanka. Prof. Piyusha Atapattu, Dr. (Mrs.) Janakie Karunasinghe, Dr. Hemantha Perera, Dr. Chanil Ekanayake, Dr. Sanath Akmeemana, Dr. (Mrs.) Dasanthi Akmeemana and Dr. Darshana Abeygunawardana participated as resource persons representing Menopause Society of Sri Lanka.

Prof. Piyusha Atapattu, President of Menopause Society, carried out the welcome speech and explained the objectives of the programme. Prof. Atapattu discussed on “Basics of menstrual physiology” including menarche, myths on menstruation, menstruation, ovulation, ovarian failure, what is reproductive age, post reproductive age menopause.

Dr. (Mrs.) Janakie Karunasinghe, Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Women, Colombo, delivered two lectures on “Basics of contraception” and “Basics of menstrual disorders”. During the lecture on “Basics of contraception”, Mrs. Karunasinghe discussed on contraception for different ages and consequences of unwanted pregnancies including criminal abortion. Abnormal menstruation, its causes and management were discussed during the speech on “Basics of menstrual disorders”.





Dr. Hemantha Perera, Senior Consultant in Obstetrics and Gynaecology, discussed on Common Gynaecological disorders including vaginal discharge and pruritus, sexually transmitted infections (STI), sexual problems, urinary dysfunctions, fibroids, endometriosis and pelvis inflammatory disease (PID). Dr. Sanath Akmeemana, Immediate Past President of Menopause Society of Sri Lanka and Consultant Obstetrician and Gynaecologist at Colombo South Teaching Hospital, delivered a speech on “Introduction to menopause and symptoms of peri menopausal age”.



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”.

Dr. Chanil Ekanayake, Senior Lecturer and Consultant Obstetrician and Gynaecologist and Defense University at Kothalawala addressed the gathering on “Genitourinary problems in menopause”. During his speech Dr. Ekanayake addressed on urinary tract infections, urinary incontinence, and sexual dysfunctions. “NCD and menopause” including health problems with ageing, menopause, osteoporosis, and CVD, was discussed by Prof. Piyusha Atapattu. Prof. Atapattu further discussed on “Basics of nutrition, lifestyle modification and nutrition in midlife and management options”.

Dr. (Mrs.) Dasanthi Akmeemana, Consultant Psychiatrist at Colombo South Teaching Hospital, delivered a speech on “Psychological problems in menopause”, while Dr. Mangala Dissanayake, Consultant Obstetrician and Gynaecologist at Teaching Hospital, Kalutara discussed on Menopausal Hormone Therapy and non-hormonal treatments.

Finally, a question-and-answer session with feedback from participants were conducted. The programme was concluded with vote of thanks presented by Honorable Secretary, Dr Darshana Gunawardana. The programme was well attended.

Pre-Congress Workshop on Prevention and Management of Bladder and Ureteric Injury in Pelvic Surgery

Pre congress workshop on prevention and management of bladder and ureteric injury in pelvic surgery was conducted on 22nd of July 2023 at Skills lab of Faculty of Medical Sciences of University of Sri Jayewardenepura. This was organized by Menopause Society of Sri Lanka, in collaboration with University of Sri Jayewardenepura.



The workshop included with three presentation and hands-on training session. “Pelvic surgery and genitourinary tract” was discussed by Prof. Ajith Malalasekara, Professor in Surgery and Consultant Urological Surgeon, Faculty of Medicine, Colombo. “Diagnosis of ureteric and bladder injury” was discussed by Prof. Srinath Chandrasekara, Professor in Surgery and Consultant Urological Surgeon, Faculty of Medical Sciences, University of Sri Jayewardenepura. “Management of ureteric and bladder injuries” was discussed by Dr. Hilary Fernando, Consultant Urological Surgeon. Hands on training on repair of ureteric and bladder was conducted for the participants, and it was a great opportunity to improve their practical skills.

The workshop was coordinated by Prof. Srinath Chandrasekara and Dr. Hilary Fernando.



