



Menosoc

Newsletter of the Menopause Society of Sri Lanka



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9th SCIENTIFIC MEETING OF ASIA PACIFIC MENOPAUSE FEDERATION (APMF)

IN CONJUNCTION WITH
INDONESIAN SOCIETY OF MENOPAUSE / NATIONAL CONGRESS
OF INDONESIA SOCIETY OF MENOPAUSE 2023 (PERMINESIA)



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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

Second issue of the fourth volume (Volume 04 Issue 01) of Sri Lanka Journal of Menopause was published in November 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.

“Vulvodynia - A Clandestine Challenge of Postmenopausal Life: What is New?” by Hewawitharana K.G., Meegoda V.J. and Bodhinarayana T.N. is the leading article of the journal. Other articles include “Fertility-sparing Surgery in Malignant Epithelial Ovarian Tumor: A Case Report”, “Contraceptive Preferences and Practices Among Perimenopausal Females in Mahaoya MOH Area” and Free Paper Abstracts of Annual Academic Sessions of Menopause Society of Sri Lanka – MENOSOC 2023.

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

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:

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Annual General Meeting of MENOPAUSE SOCIETY OF SRI LANKA - 2023

Annual General Meeting of Menopause Society of Sri Lanka was held on 22nd October 2023 at Courtyard by Marriot, Colombo. President Prof. Piyusha Atapattu, Immediate Past President Dr. Sanath Akmeemana, founder president Dr. M.D.P. Gooneratne and council members of Menopause Society participated the event. Prof. Atapattu chaired the inauguration, and she warmly welcomed the gathering.



Council members including Dr. Mangala Dissanayake, Dr. (Mrs.) Marlene Abeywardena, Dr. Rohana Haththotuwa, Mrs. Chandrika Haththotuwa, (Mrs.) Janakie Karunasinghe, Dr. Darshana Abeygunawardena, Dr. Harsha Atapattu, Dr. Shiromalee Dissanayake, Dr. Champa Nelson, Dr. Chanil Ekanayake, Dr. Thivanka Munasinghe, Prof. W.I. Amarasinghe, Mrs. Manel Amarasinghe, Dr. Ruwan Silva, Dr. Chinthaka Banagala, Dr. Achintha Dissanayake, Dr. M. Sathanandan, Dr. Rasika De Silva and Dr. S. Sanjeevan attended the AGM. Minutes of the Previous Annual General Meeting in year 2022 was presented by Dr. Darshana Abeygunawardena, Honorable Secretary of Menopause Society of Sri Lanka.

President report was presented by Prof. Piyusha Atapattu, President of Menopause Society of Sri Lanka. Prof. Atapattu stated that many TOT (training of trainers) and public awareness programmes on menopause were conducted by the society during her presidency. Three successful TOT programmes on post-reproductive health for healthcare workers were successfully conducted at MOH Auditorium Piliyandala, Base Hospital Walasmulla and Base Hospital Kuliyapitiya. Three public awareness programmes on post-reproductive health were successfully conducted for the general public including government servants, teachers and police officers at Divisional Secretariat Homagama, Central College, Akuressa and the Faculty of Medicine, University of Wayamba. Five awareness programmes on post-reproductive health for private sector employees at MAS Holdings were successfully conducted in several parts of the country.

Prof Atapattu acknowledged the council of the Menopause Society, especially Dr. Darshana Abeygunawardene the Secretary, Dr. Champa Nelson the Treasurer, Dr. Chanil Ekanayake the Chairman of Academic Activities, and all other council members and past presidents who gave their unstinted and active support, devoting their valuable time and energy in making this year a success. Her special thanks were extended to Dr. M.D.P. Gooneratne, Dr. Hemantha Perera, and Dr. Mangala Dissanayake who continue to mentor and guide at all the times. The assistance given by Ms. Buddhini Geekiyanage, the office secretary, who has worked tirelessly to make all activities of the Menopause Society, was highly appreciated. The support and sponsorships of pharmaceutical companies, private sector enterprises and other well-wishers who supported the Menopause Society by their generous donations and many other means were deeply appreciated.

Secretary's report was presented by Dr. Darshana Abeygunawardena, Honorable Secretary, Menopause Society of Sri Lanka. Dr. Abeygunawardena acknowledged gratefully the assistance given by the president and the council of the Menopause Society who gave their unstinted support in making this year a success. His deep gratitude was extended to the Ministry of Health for the support in providing funding for the activities of the Menopause Society of Sri Lanka, and the pharmaceutical companies and other well-wishers who supported us by their generous donations and many other means.

Treasurer's Report was presented by Dr. Champa Nelson, Treasure of Menopause Society of Sri Lanka.

Report of Academic and Research Activities was presented by Prof. Chanil Ekanayake, Chairman of Academic and Research Activities of Menopause Society of Sri Lanka. Dr. Ekanayake stated that year 2023 heralded a normalization of activities after a tumultuous 2022 which had grave repercussions for all spheres of society in Sri Lanka. Further he stated that normalization of activities overcoming financial challenges proved a formidable challenge to the society. Dr. Ekanayake discussed the activities done by the society during year 2023. Annual Academic Sessions was successfully held on the 23rd July 2023 at the Galadari Hotel, Colombo. The theme this year was 'Midlife and beyond – clarity from confusion'. A pre-congress workshop on "Prevention and management of bladder and ureteric injuries in pelvic surgery" was coordinated by Prof. S Chandrasekara. The post-congress symposium was conducted on "Endocrinology of menopause and newer management strategies targeting physiological changes of menopause" by Dr. Sanjay Kalra and Dr. Hemantha Perera respectively. Dr. Ekanayake pointed out that UNFPA funded research project titled "Survey of health issues of postmenopausal women of Sri Lanka: a pilot study in selected public health midwife areas" was conducted in PHM areas of Kalutara district. Incidentally this project was a 3.4 million grant which was the first research grant managed by the society.

Annual General Meeting was concluded with the fellowship dinner.



Fellowship Dinner



A Day at Kuliypitiya

Two parallel awareness programmes for healthcare workers and general public on “Menopause” were successfully conducted on 19th of October 2023 at Kuliypitiya. Prof. Piyusha Atapattu, Dr. Sumith Warnassoriya, Dr. Darshana Abeygunawardana, Dr. Janakie Karunasinghe, Dr. Hemantha Perera, Dr. Chinthaka Banagala, Dr. Buddhi Jayasekara, Dr. Shiromalie Dissanayake and Dr. Ruwan Silva participated as resource persons.

Awareness programme for health care workers was conducted at the Auditorium of Teaching Hospital Kuliypitiya and it was attended by about 90 health care workers. Prof. Piyusha Atapattu, President of Menopause Society of Sri Lanka, warmly welcomed the gathering. Opening remarks were given by Prof. Piyusha Atapattu and Dr. Sumith



Warnasooriya, Consultant Obstetrician and Gynaecologist at Teaching Hospital Kuliypitiya. Dr. Darshana Abeygunawardana, Honorable Secretary and Consultant Obstetrician and Gynaecologist, discussed on “Introduction & Menstrual changes in midlife”, while Dr. (Mrs.) Janakie Karunasinghe,



Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Women, discussed on “Fertility & Contraception in midlife”. Dr. Buddhi Jayasekara, Consultant Psychiatrist, addressed the topic of “Psychological problems in menopause” and Dr. Sumith Warnasooriya addressed the topic of “Bladder issues and genital prolapse”. Dr. Darshana Abeygunawardana briefly discussed other gynaecological disorders in midlife including “Vaginal discharge and pruritus”, “Sexually transmitted infections”, “Fibroids”, “Endometriosis” and “Pelvis Inflammatory Disease”. “Sexual issues in mid-life” was discussed by Dr. Hemantha Perera, Consultant Obstetrician and Gynaecologist and “Cancer in Midlife” was discussed by Dr. Chinthaka Banagala, Consultant Obstetrician and Gynaecologist at Kothalawala Defense University. Prof. Piyusha Atapattu enlightened the gathering on “NCD, Osteoporosis and lifestyle modifications”. Finally, Dr. Hemantha Perera successfully conducted a question-and-answer session to clarify the concerns among the participants.





Awareness programme for general public was conducted at Faculty of Medicine Wayamba and it was attended with over 150 attendees. Opening remarks were given by Prof. Piyusha Atapattu and Dr. Sumith Warnasooriya. Dr. Hemantha Perera, discussed on “Introduction to Menopause and menstrual irregularities during perimenopause” and Dr. Chinthaka Banagala discussed on “Cancer in Midlife”. “Sexual issues in mid-life” was addressed by Dr. Hemantha Perera. Dr. Ruwan Silva, Consultant Obstetrician and Gynaecologist, briefly discussed the other gynaecological problems associated with the womb. Hypertension, obesity, osteoporosis, and hypercholesterolemia have significant health concerns. Dr. Shiromalee Dissanayake discussed the preventive measures of such non-communicable diseases. “Contraception in midlife” was addressed by Dr. (Mrs.) Janakie Karunasinghe. Dr. Sumith Warnasooriya addressed the topic of “Bladder issues and genital prolapse”, while Dr. Buddhi Jayasekara, addressed the topic of “Psychological problems in menopause”. Finally, Dr. Darshana Abeygunawardana conducted a question-and-answer session to discuss the concerns among general public.



Certificates were issued to all the participants. The programme was highly positively commended by majority. The council appreciated tireless effort made by Dr. Sumith Warnasooriya and other resource persons who contributed to this programme.



Embrace the Change - Evolve Holistically

East Zone IMS Conference

The East Zone International Menopause Conference of Indian Menopause Society was held on 30th September and 1st October 2023 in Bhagalpur, Ang Pradesh, India. This was organized by Bhagalpur Menopause Society. Organizing team was led by Dr. Pratibha Singh, Organizing Chairperson. The theme of the conference was “Embrace the Change , Evolve Holistically”. Dr. Sanath Akmeemana,

Immediate Past President of Menopause Society of Sri Lanka was privileged to be an orator while, Dr. Darshana Abeygunwardana Honorable Secretary of Menopause Society of Sri Lanka was a member of the foreign faculty. Dr. Pratibha Singh commended the Menopause Society of Sri Lanka, and she highlighted the value of the long-term relationship between two societies.



9th SCIENTIFIC MEETING OF ASIA PACIFIC MENOPAUSE FEDERATION (APMF)

IN CONJUNCTION WITH

**INDONESIAN SOCIETY OF MENOPAUSE / NATIONAL CONGRESS
OF INDONESIA SOCIETY OF MENOPAUSE 2023 (PERMINESIA)**

The 9th Scientific Meeting of the Asia Pacific Menopause Federation (APMF) was successfully held in Denpasar, Bali, Indonesia, from 6th to 8th October 2023. This was organized in conjunction with National Congress of Indonesia Society of Menopause. The event, inaugurated by the President of APMF 2021-2023, Prof. M. Fidel Ganis Siregar. Experts and healthcare practitioners from 15 member countries participated the event. Among these were Australia, Malaysia, China, Philippines, Singapore, Thailand, Japan, Taiwan, Korea, India, Pakistan, Bangladesh, Mongolia, and Sri Lanka.

A close collaboration with the International Menopause Society (IMS) as the global parent organization for menopause, with its president Nick Panay (UK), former President Steve Goldstein (USA), President-elect Rosella Nappi (Italy), and 11 IMS executives from Costa Rica, Canada, and South Africa, enriched the three-day event. **Prof. Piyusha Atapattu, President of Menopause Society of Sri Lanka represented Sri Lanka.**

Representing diverse fields of expertise, the expert speakers in the field of menopause contributed to sharing the latest knowledge, aiming to bring a positive impact on the care and health of women worldwide.

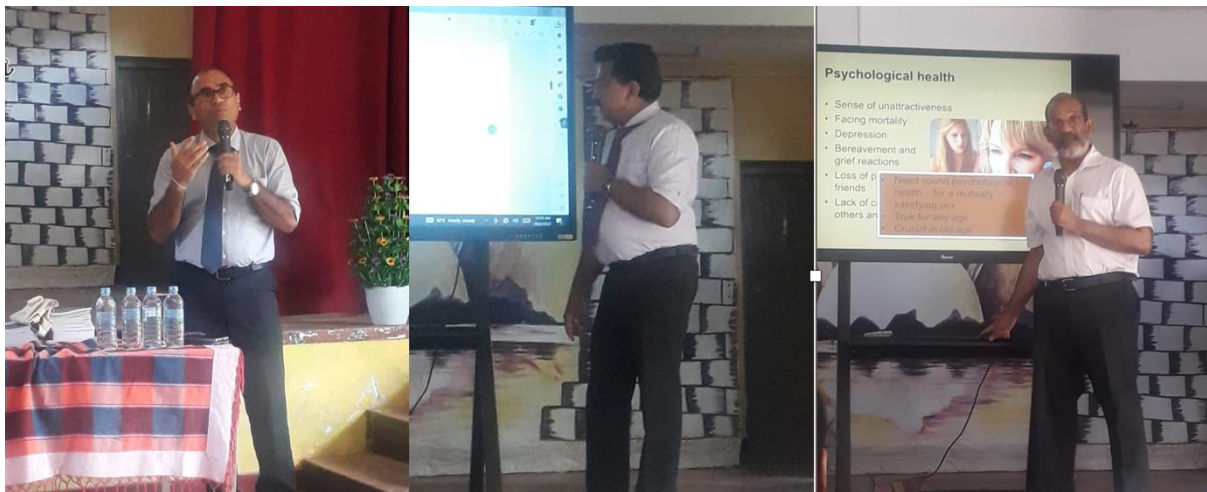




Menopause Awareness Programme at Akuressa, Matara

Another successful public awareness programme on menopause was conducted on 22nd September 2023 at Akuressa, Matara, and this was highly appreciated by the participants. Gathering was warmly welcome by Prof. Piyusha Atapattu, President Menopause Society of Sri Lanka. Prof. Atapattu briefed the objectives of the awareness programme.

Dr. Mangala Dissanayake, Consultant Obstetrician and Gynaecologist at Teaching Hospital, Kalutara addressed the gathering on “Introduction to menopause and symptoms of perimenopausal age”. Further, Dr. Dissanayake discussed on “Contraception in midlife”. Dr. Darshana Abeygunawardana, Consultant Obstetrician and Gynaecologist at Base Hospital, Homagama discussed on “Genitourinary problems in menopause”.



“Abnormal menstruation / vaginal bleeding” was discussed by Dr. Chinthaka Banagala, Consultant Obstetrician and Gynaecologist at Kothalawala Defense University, while other gynaecological disorders in midlife including “Vaginal discharge and pruritus”, “Sexually transmitted infections”,

“Fibroids”, “Endometriosis” and “Pelvis Inflammatory Disease”, were discussed by Dr. Wasantha De Silva, Consultant Obstetrician and Gynaecologist at Base Hospital, Homagama.

Dr. Harsha Atapattu, Consultant Obstetrician and Gynaecologist at De Soysa Maternity Hospital, enlightened the gathering on “Sexual dysfunction in menopause”. Dr. Dasanthi Akmeemana, Consultant Physiatrist at Colombo South Teaching Hospital, addressed the gathering on “Psychological problems in menopause”.



“Osteoporosis” and “NCD and lifestyle modification” were discussed by Prof. Piyusha Atapattu, President of Menopause Society of Sri Lanka, while “Cancer screening” was discussed by Dr. Darshana Abeygunawardana, Consultant Obstetrician and Gynaecologist at Base Hospital, Homagama.

Finally, Dr. M.D.P Gooneratne, Senior Consultant Obstetrician and Gynaecologist and Founder President of Menopause Society of Sri Lanka, enlightened the gathering on “HRT and other management options”.

The programme was concluded with a Q&A session.



Menopause Awareness Programme – Akuressa, Matara

7th Biennial SAFOMS Conference and Annual Conference of Pakistan Menopause Society - 2023

7th Biennial SAFOMS Conference and Annual Conference of Pakistan Menopause Society was Conducted on 18th and 19th of November 2023 at Marriott Hotel, Islamabad, Pakistan. This year the theme was “Women in midlife and Beyond: Health Versus Hype”. Dr. Mangala Dissanayaka, Dr. M.D.P Gooneratne and Dr. Sumith Warnasooriya represented Menopause Society of Sri Lanka.





Women in Midlife & Beyond: Health Versus Hype

**THE BIENNIAL SAFOMS
& ANNUAL PMS CONFERENCE 2023**

18TH & 19TH NOVEMBER 2023 | MARRIOTT HOTEL, ISLAMABAD

Symposium on “Update on Menopausal Issues”

Annual Academic Sessions of SLCOG 2023

Menopause Society organized the symposium on “An Update on Menopausal Issues” at Annual Academic Sessions of SLCOG 2023. Dr. Achintha Dissanayake, Consultant Obstetrician and Gynaecologist (Non-pharmacological management in menopause), Dr. Darshana Abeygunawardan, Honorable Secretary and Consultant Obstetrician and Gynaecologist

(Controversies in Menopausal hormonal treatment in the background of Breast cancer) and Dr. Dasanthi Akmeemana, Consultant Psychiatrist at CSTH, Kalubowila (Physiological changes in Menopause) participated from the Menopause Society as speakers. This symposium was chaired by Dr. Mangala Dissanayake and Prof. Sanath Lanerolle.

