



Menosoc

Newsletter of the Menopause Society of Sri Lanka



March 2024

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

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MENOSOC 2024

23rd Annual Academic Sessions
of
Menopause Society of Sri Lanka

“Inspiring new horizons in women at midlife and beyond”

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Committed to improve the post reproductive life of Sri Lankan woman

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SAFOMS Webinars

The South Asian Federation of Menopause Societies

SAFOMS Webinar Series 2024

Brain Fogging

3:30 PM 20th TUESDAY Feb, 2024 Zoom ID: 852 7034 8568 Password: 452988

Chairpersons

Prof. Rohana Haththotuwa (Sri Lanka)
Prof. Shahila Khatun (Bangladesh)
Prof. Rubina Hussain (Pakistan)
Prof. Jaldeep Malhotra (India)

Panel of Experts

Prof. Syeda Batool Mazhar (President SAFOMS, Pakistan)
Prof. Brig. Suraiya Rahman (President Elect Bangladesh)
Prof. Rowshan Ara Begum
Prof. Maninder Ahuja (Vice President India)
Prof. Mangala Dissanayake (Vice President Sri Lanka)
Prof. Sanath Akmeemana (Treasurer Sri Lanka)
Prof. Choramur Ambuja (Chair Research Committee India)
Prof. Rubina Sohail (Chair Education Committee Pakistan)
Prof. Chandra Shrivastava (Council member Nepal)
Prof. Meena Thapa (Council member Nepal)

Key Note Speaker

Prof. Pushpa Shethi (Council member India) Topic: Cognitive decline in Menopause

Moderator

Prof. SK Zinnat Nasreen (Secretary General Bangladesh)

Anchor

Dr. Saima Zubair (Deputy Secretary General Pakistan)

Vote of Thanks

Dr. Farzana Deebs (Council member Bangladesh)

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Getz Pharma

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





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

Balapitiya Programme

A programme on “Current Management of Post Reproductive Health of Women for Health Care Professionals” was conducted by Menopause Society of Sri Lanka on 1st March 2024 at the Auditorium, Divisional Secretariat Office, Balapitiya. Main objective of the programme was to update the knowledge on management of common health issues during post reproductive period of women. The gathering was warmly welcomed by the President of Menopause Society of Sri Lanka, Prof. Piyusha Atapattu. Prof. Atapattu briefly explained the role of Menopause Society to uplift the postmenopausal care in Sri Lanka.



Figure 1 - Prof. Piyusha Atapattu and Dr. Darshana Abeygunawardana addressing the gathering

Dr. Darshana Abeygunawardana, Honorable Secretary and Consultant Obstetrician & Gynaecologist at Base Hospital Homagama, addressed the gathering on “Introduction to post reproductive age and symptoms of menopause”. Dr. Sampath Kariyawasam, Consultant Obstetrician and Gynecologist at Base Hospital Balapitiya discussed on ‘Abnormal menstruation, causes and management’.

The topic of “Menopause – management principles, treatment options and controversies” was discussed by Dr. Chinthaka Banagala, Consultant Obstetrician and Gynaecologist at General Sir John Kotelawala Defence University (KDU), while the topic of “Premenopausal contraception” was discussed by Dr. Dinusha Liyanapatabadi, Consultant Obstetrician and Gynecologist at Base Hospital Balapitiya.



Figure 2 – Dr. Sampath Kariyawasam and Dr. Chinthaka Banagala addressing the gathering

Prof. Piyusha Atapattu, President of Menopause Society and Professor in Physiology, Faculty of Medicine, University of Colombo, addressed the gathering on “Osteoporosis – prevention, detection and management”. Dr. Dasanthi Akmeemana, Consultant Psychiatrist at Colombo South Teaching Hospital, Kalubowila discussed on “Psychological Changes with Ageing” and Dr. Darshana Abeygunawardana, Consultant Obstetrician and Gynaecologist at Base Hospital Homagama, discussed two topics on “Sexual Health” and “Urinary Dysfunctions” during post reproductive period.



Figure 3 – Dr. Dinusha Liyanapatabadi and Dr. Dasanthi Akmeemana addressing the gathering



Figure 4 – Dr. Rasika Sagara De Silva addressing the gathering

The topic of ‘Gynecological cancer screening and prevention’ was discussed by Dr. Rasika Sagara De Silva, Consultant Obstetrician and Gynaecologist. Finally, Prof. Piyusha Atapattu enlightened the gathering on “Lifestyle modification and nutrition after menopause”.

The final discussion and the valedictory session was conducted by Dr. Darshana Abeygunawardana, Honorable Secretary of the Society.



Figure 5 – Resource Panel and the Participants

A Day at HNB Head Office

Another successful Menopause awareness programme was organized by Menopause Society of Sri Lanka at Auditorium of HNB Head Office, Colombo on 27th November 2023. The programme was commenced with the welcome speech delivered by Prof. Piyusha Atapattu, President of Menopause Society of Sri Lanka and Professor of Physiology, Faculty of Medicine, University of Colombo. In addition, Prof. Atapattu enlightened the audience on “Menopause and its problems”.



The topic of “Introduction to Common Gynaecological disorders” was discussed by Dr. (Mrs.) Janakie Karunasinghe, Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Women, Colombo, while the topic of “Mental health issues in menopause” was discussed by Dr.

Malsha Gunathilake Consultant Psychiatrist at Colombo South Teaching Hospital, Kalubowila.

Dr. Darshana Abeygunawardana, Consultant Obstetrician and Gynaecologist at Base Hospital Homagama addressed the gathering on “Treatment options in Menopause” and Prof. Piyusha Atapattu addressed the gathering on “NCD and lifestyle modifications in Menopause”.

The topic of “Breast cancer awareness” was discussed by Dr. Harsha Atapattu, Consultant



Obstetrician and Gynaecologist at De Soysa Maternity Hospital, Colombo and “Contraception and choosing the optimum method” was discussed by Dr. Chinthaka Banagala, Consultant Obstetrician and Gynaecologist at General Sir John Kotelawala Defence University (KDU)

Finally, questions and answers session with the valedictory session was conducted by Dr. Darshana Abeygunawardana. The programme was highly appreciated by the participants.





Menosoc Sri Lanka 2024

ANNUAL ACADEMIC SESSIONS OF MENOPAUSE SOCIETY OF SRI LANKA

“Midlife and Beyond - Clarity from Confusion”

7th July 2024

Galadari Hotel, Colombo, Sri Lanka

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.

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 10th June 2024

Deadline for Abstract Submission 31st May 2024

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SEXUAL FUNCTION
MENOPAUSE
AND CARDIOVASCULAR SYSTEM
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29th National Conference of Indian Menopause + Society

23rd to 25th February 2024

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Conference Theme:

ME:NO:PAUSE
A NEW INNING
Health Happiness Harmony



29th National
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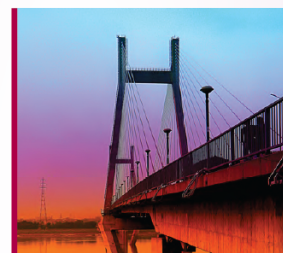
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Health Happiness Harmony

Sub-Themes:

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• Menopause and Metabolic Syndrome
• Miscellaneous



Abstract Submission Deadline
January 15th, 2024

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Best Regards

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