



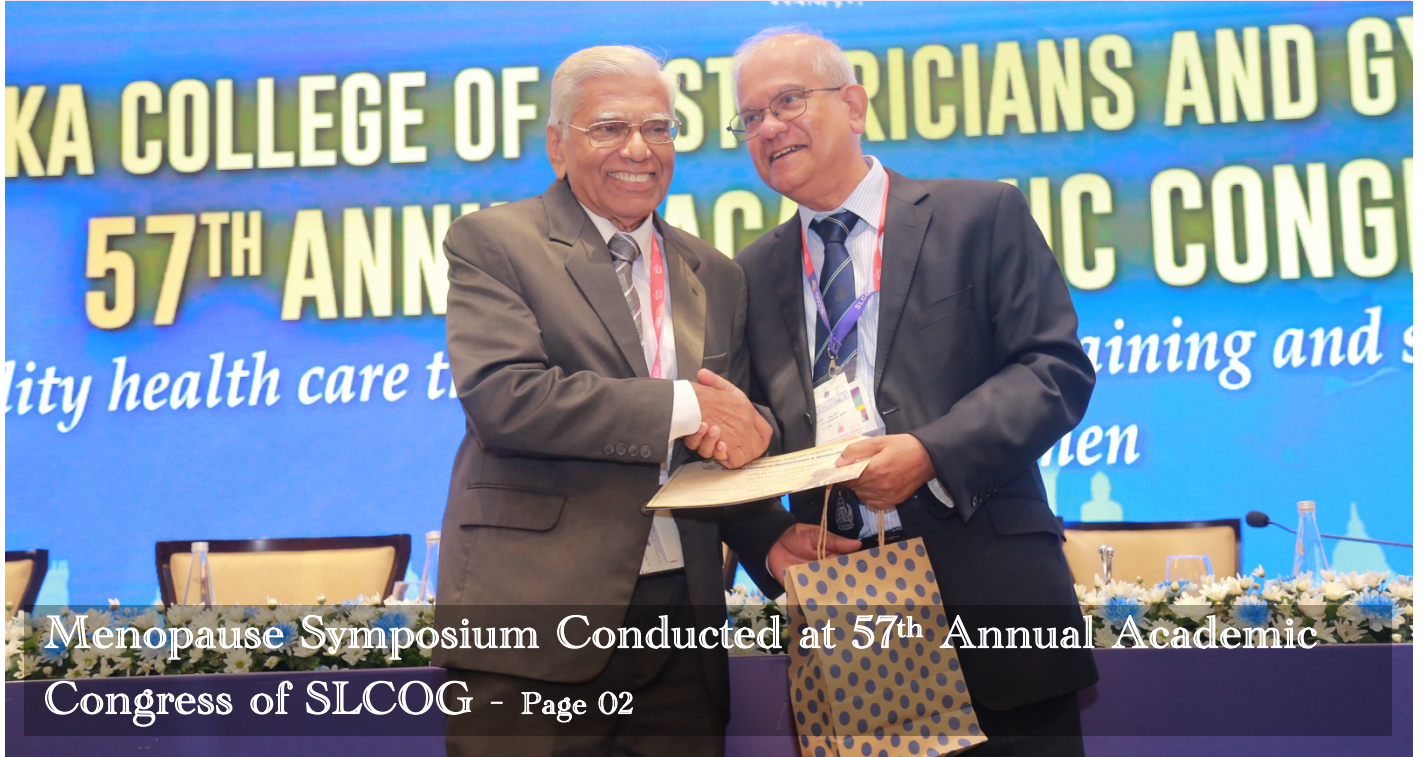
# Menosoc

Newsletter of the Menopause Society of Sri Lanka



November 2024

Volume 15 Issue 01



Menopause Symposium Conducted at 57th Annual Academic Congress of SLCOG - Page 02

 The South Asian Federation of Menopause Societies




*Safoms Webinar*  
**CARDIOVASCULAR HEALTH & MENOPAUSE**

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World Menopause Day 18th October - Page 05

**Mr. Mahanama Dodmapegama**  
12th August 2021 - 12th August 2024



**3<sup>RD</sup> YEAR REMEMBRANCE**  
In Loving Memory of - Page 06

1. The 20th World Congress on Menopause will be held in Rio de Janeiro, Brazil in Sept 2026. Visit the World Congress website to see the details as they are announced.



World Menopause Diary - Page 07

# Published by Menopause Society of Sri Lanka

Committed to improve the post reproductive life of Sri Lankan woman

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## News in Brief

### “Ultrasound Scanning in Midlife Women”

#### PRE-CONGRESS WORKSHOP

A pre-congress workshop, themed on “Ultrasound scanning in midlife women”, was organized and conducted by Menopause Society of Sri Lanka on 28<sup>th</sup> of June 2024 at SLCOG auditorium. This was conducted by Dr. S. Pradeep Sirinivasan, Consultant Radiologist and Fetal Medicine Specialist, Bangalore, India. The programme consisted of lecture series including “Basics in ultrasonography”, “Uterine and endometrial pathologies”, “Ovarian disease and endometriosis”, “Pelvic inflammatory disease”, “Pelvic floor imaging”, “Perianal pathology”, and a live workshop.

The workshop was coordinated by Dr. Darshana Abeygunawardana, Dr. Harsha Atapattu and Prof. Piyusha Atapattu, and it was sponsored by Pyramed International Private Limited. Consultants in obstetrics and gynaecology and postgraduate trainees attended the workshop.

### 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

# SRI LANKA COLLEGE OF OBSTETRICIANS AND GYNAECOLOGISTS

## 57<sup>TH</sup> ANNUAL ACADEMIC CONGRESS

*“Quality health care through standards in training and service delivery” – A right of all women*

### Symposium by Menopause Society of Sri Lanka

A Symposium was conducted by Menopause Society of Sri Lanka during 57<sup>th</sup> Annual Academic Congress of Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) on 01<sup>st</sup> of September 2024. Dr. M.D.P Gooneratne, Dr. Harsha Atapattu, and Dr. Chanil Ekanayake, participated as the resource persons. Dr. M.D.P. Gooneratne discussed on “Impact of estrogen decline on female heart”, while Dr. Harsha Atapattu discussed on “Sexuality after menopause”. Dr. Chanil Ekanayake discussed on “Genito-urinary syndrome of menopause – diagnosis revisited”.



# SRI LANKA COLLEGE OF OBSTETRICIANS AND GYNAECOLOGISTS 57<sup>TH</sup> ANNUAL ACADEMIC CONGRESS

*"Quality health care through standards in training and service delivery" – A right of all women*

## Symposium by Menopause Society of Sri Lanka



## SAFOMS Webinar on “CARDIOVASCULAR HEALTH AND MENOPAUSE”

SAFOMS webinar on “Cardiovascular health and menopause” was conducted on Thursday 12<sup>th</sup> September 2024. Prof. Brigadier General Suraiya Rehman and Dr. M. D. P. Gooneratne chaired the webinar, while, Dr. Saima Zubair moderated the webinar. Prof. Syeda Batool Mazhar discussed on ‘Cardiovascular issues in midlife’, and Dr. Maninder Ahuja discussed on “Metabolic disorders of Menopause”. A Panel discussion was conducted on “Cardiovascular health and menopause”. The panel discussion was moderated by Prof. Shamsunisa Sadia. Dr. Piyusha Atapattu from Sri Lanka, Dr. Asif Zia from Pakistan, Dr. Jaideep Malhotra from India, Dr. Shahi Farzana Tasnim from Bangladesh and Dr. Anshumala Joshi from Nepal participated as panelists. Successful Q&A session was conducted. Final remarks were declared by Prof. Brigadier General Suraiya Rehman and Dr. M. D. P. Gooneratne.

The South Asian Federation of Menopause Societies

**Safoms Webinar**  
**CARDIOVASCULAR HEALTH & MENOPAUSE**

4:30 to 6:00 pm | 12<sup>th</sup> THURSDAY Sep, 2024

**Chairpersons**

Prof. Brig (R) Suraiya Rehman | Dr. M. Pem Goonerathne

**Moderator** | **Opening Welcome**

Dr. Saima Zubair | Prof. Zinnat Ara Nasreen

**Speakers**

Prof. Syeda Batool Mazhar | Dr. Maninder Ahuja  
Topic: Cardiovascular issues in midlife | Topic: Metabolic disorders of Menopause

**Panel Discussion**

Moderator: Prof. Shamsunisa Sadia

Dr. Asif Zia | Dr. Piyusha Milan Attapattu  
Dr. Shahi Farzana Tasnim | Dr. Jaideep Malhotra  
Dr. Anshumala Joshi

Q&A Session : Remarks by the 2 chairpersons

Zoom ID: 820 6219 9279 | Password: 275419 | Join Zoom Meeting: <https://us06web.zoom.us/j/82062199279?pwd=BXtDStoCu01ZkRlQzZUeGh4MlYk.1>

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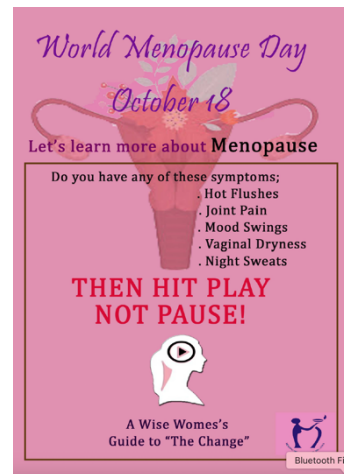
Pakistan Menopause Society



## World Menopause Day – October 18<sup>th</sup>, 2024

Since 2009 October has been designated as World Menopause Awareness Month and October 18<sup>th</sup> as World Menopause Day, by the International Menopause Society (IMS), in collaboration with the World Health Organization (WHO).

Social media based public awareness programmes were conducted by Menopause Society of Sri Lanka in collaboration with World Menopause Day on 18<sup>th</sup> October 2025. The purpose was to raise the awareness of associated midlife health issues, improve understanding of the menopause and thereby, empower the midlife women on postmenopausal health. The access for these programmes were given through Facebook and YouTube social media.



**3<sup>RD</sup> YEAR REMEMBRANCE**

*In Loving Memory of*

**Mr. Mahanama Dodmapegama**

12<sup>th</sup> August 2021 – 12<sup>th</sup> August 2024

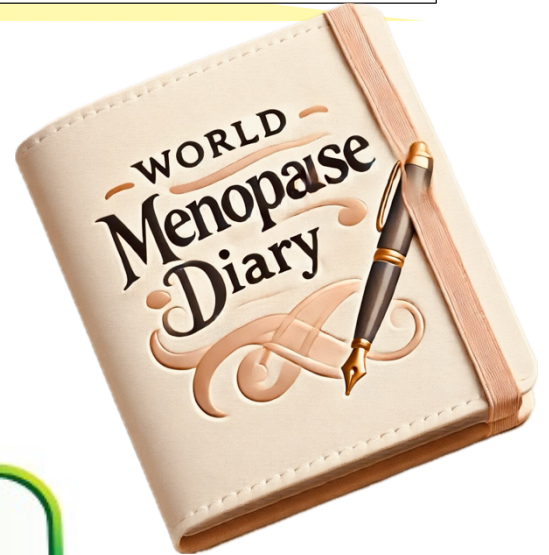


**Managing Director of SMM Halcyon (Pvt) Ltd  
Director Micro Healthcare (Pvt) Ltd  
Managing Director Nethra Opticians & Eco Minds (Pvt) Ltd  
Former President and Patron of Sri Lanka Chamber of  
Pharmaceutical Industry (SRCPI)  
Former Managing Director of Hemas Pharmaceuticals  
Former Director of A. Baur and Company Ltd.**  
He has been a pillar of strength to Sri Lanka Menopause Society.  
He left us after a hard-fought battle with COVID-19 in 2021.  
We will always remember him for his strength, humility, and  
extraordinary leadership.

**May you reach eternal bliss  
in the way you always believed and practiced.**

**- SRI LANKA MENOPAUSE SOCIETY -**

1. The 20th World Congress on Menopause will be held in Rio de Janeiro, Brazil in Sept 2026. Visit the World Congress website to see the details as they are announced.



2. #bmsconf25 - 34<sup>th</sup> Annual Scientific Conference of British Menopause Society - 26<sup>th</sup>-27<sup>th</sup> June 2025.

The image is a promotional banner for the BMS 34th annual scientific conference. It features a background of a stack of smooth, rounded stones balanced on a larger, pointed rock, set against a blue sky and ocean. The text is arranged as follows: 'BMS 34<sup>th</sup> annual scientific conference 26-27 June 2025' in white and blue at the top left; 'Call for abstracts' in large purple font in the center; 'Menopause: achieving an equilibrium' in white font at the bottom left; 'The specialist authority for menopause & post reproductive health' and the 'BMS British Menopause Society' logo at the top right; '12 CME/CPD credits' in a white box at the bottom right; and '#bmsconf25' in white at the bottom right.