



Menosoc

Newsletter of the Menopause Society of Sri Lanka



March 2025

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Menopause Society of Sri Lanka
In collaboration with SLCOG &
IRC of the RCOG



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Committed to improve the post reproductive life of Sri Lankan woman

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Ms. Manel Amarasinghe

Mrs. Chandrika Haththotuwa

News in Brief



Silver Jubilee Annual Academic Session
Menopause Society of Sri Lanka

**“25 years beyond menopause -
An essential investment”**

12th & 13th July 2025
Galadari Hotel, Colombo, Sri Lanka

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

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Annual General Meeting of Menopause Society of Sri Lanka 2024



Annual General Meeting of Menopause Society of Sri Lanka 2024 was held on 24th November 2024 at 5.30 pm at the SLCOG House, Model Farm Road, Colombo.

Immediate Past President Prof. Piyusha Atapattu, New President Dr. Harsha Atapattu, Founder President Dr. M.D.P. Gooneratne, Dr. Mangala Dissanayake, Dr. Janakie Karunasinghe, Dr. Darshana Abeygunawardena, Dr. Shiromalee Dissanayake, Dr. Champa Nelson, Dr. Sanath Akmeemana, Dr. Sumith Warnasooriya, Dr. Chanil Ekanayake, Dr. Thivanka Munasinghe, Prof. W.I.Amarasinghe, Mrs. Manel Amarasinghe, Dr. Ruwan Silva, Dr. Chinthaka Banagala, Dr. Achintha Dissanayake, Dr. Rohana Haththotuwa, Mrs. Chandrika Haththotuwa, Dr. Prabath Randombage, Dr. Sanath Akmeemana, Dr. U.D.P. Rathnasiri, Dr. Indumini Gunathilaka, Dr. Champa Nelson, Dr. (Mrs.) Marlene Abeywardana, Dr. Anoja Fernando, Dr. Kolitha Sellaheewa, Dr. Wasantha De Silva, Dr. Amalka Ruparathna, Dr. Chinth Sellaheewa, and Dr. Chaminda Hunukubura participated the event.

Prof. Piyusha Atapattu welcomed the members of the council of Menopause Society of Sri Lanka. She thanked them for their support and expressed her gratitude to the council for their dedication and commitment in conducting the numerous activities of the Menopause Society during her era between year 2023 -2024.

Prof. Piyusha Atapattu presented the Presidents Report briefing the activities done during year 2023-2024. According to her report, 12 council meetings were held in the past year and annual academic sessions was a success. Other academic activities were also successful including 2 pre congress workshops (Hysteroscopy and ultrasound scan in midlife) and 5 SAFOM webinars. Successful Programmes on post-reproductive health were conducted in Kuliyaipitiya, Balapitiya, Castle Street Hospital for Women (CSHW) and in HNB towers. In addition, few programmes were conducted in MAS holdings PVT LTD upon their request.

Secretary's report was presented by Dr. Darshana Abeygunawardana. Dr. Chanil Ekanayake, Previous Chairman Academic Activities, presented the progress of academic activities. He stated that apart from the academic activities highlighted in the president's report, the UNFPA funded project report and article is submitted for journal publication.

Dr. Harsha Atapattu was inducted as the new president of the Menopause Society of Sri Lanka for upcoming 2025/2026 years. New council of the Menopause Society of Sri Lanka was elected unanimously. President medal was handed over to new president Dr. Harsha Atapattu by Prof. Piyusha Atapattu, Immediate Past President.





Dr. Harsha Atapattu, the newly inducted President addressed the membership. He thanked them for electing him to the post of the President of the Menopause Society of Sri Lanka for years 2024 - 2026. He outlined her plans for the next two years. He extended his gratitude to the past presidents and council members and appealed for their continued support during his term of office. Dr. Harsha Atapattu briefed his journey in Menopause Society of Sri Lanka as a member during his training period to become the president elect last year. He illustrated his future plans prioritizing starting a Certificate course in Menopause, Continue Hysteroscopy training and to commence the urogynaecology fellowship with in collaboration with Dr. Aparna Hegde. He highlighted the membership of the society as its strength and seniors acting as a family is the key to success. He also highlighted the importance of celebrating the 25th year anniversary in a grand manner.

Following members of the Menopause Society elected as the office bearers; Dr. Darshana Abeygunawardana as the President Elect, Prof.

Piyusha Atapattu as the Immediate Past President, Dr. Dasanthi Akmeemana as the Vice President, Dr. Chinthaka Banagala as the General Secretary, Dr. Sumith Warnasooriya and Dr. Ruwan Silva as Assistant Secretaries, Dr. Champa Nelson as the Treasurer, Dr. Sharada Jayalath as the Editor, Dr. (Mrs.) Janakie Karunasinghe as the Chairman Academic Activities, and Dr. Shiromali Dissanayaka as the Secretary Social Activities. Dr. M.D.P. Gooneratne, Dr. Hemantha Perera, Dr. Mrs. Marlene Abeywardena, Dr. Thiwanka Munasinghe, Dr. Sanath Akmeemana, Dr. Mangala Dissanayake, Dr. Chanil Ekanayake, Dr. Prabath Randombage, Dr. Indumini Gunathialaka, Dr. Rohana Haththotuwa, Dr. Achintha Dissanayake, Dr. Dinusha Liyanapatabandi, Prof. W.I. Amarasinghe, Dr. Wasantha de Silva, and Dr. Chaminda Hunukubura elected as council members. Mrs. Chandrika Haththotuwa and Ms. Wasantha Perera elected as co-opted members.

The AGM 2024 of Menopause Society of Sri Lanka was concluded with the vote of thanks and the fellowship dinner.



Outstation Programmes

Menopause Awareness Programme at MAS Holdings PVT(LTD) Pannala and Biyagama

Two outstation programmes on Menopause Awareness were conducted on 07th of March 2025 at, MAS Holdings PVT (LTD) at Pannala and Biyagama. Prof. Piyusha Atapattu, Immediate Past President of the Menopause Society, and Dr. Sumith Warnasooriya, Consultant VOG, participated as the resource persons representing Menopause Society of Sri Lanka. The topics discussed included Introduction to menopause; Menstrual cycle and problems; Endometriosis, Fibroids, and Prolapse; and Lifestyle modifications. Both the programmes were highly successful.



Menopause Awareness Programme at MAS Holdings PVT(LTD) Kuliyaipitiya

Another two outstation programmes on Menopause Awareness were conducted on 14th of March 2025 at, MAS Holdings PVT (LTD) Kuliyaipitiya. These programmes were targeted on the employees of the MAS Holdings. Dr. Harsha Atapattu, President Menopause Society and Dr. Wasantha Kumara, Consultant VOG at Base Hospital Walasmulla, participated as the resource persons representing Menopause Society of Sri Lanka. Introduction to menopause; Menstrual cycle and problems; Endometriosis, Fibroids, and Prolapse; and Lifestyle modifications were the topics discussed during the programmes.



Role of Androgens in Menopause

– A lecture for Senior Registrars

A lecture on “Role of Androgens in menopause” was conducted by Dr. Jyostana Acharya, Consultant Obstetrician and Gynaecologist, and RCOG MTI Regional Representative for South-Asian Region, The Lecture was held on 8th of January 2025 in the auditorium of SLCOG house. This programme was organized by the Menopause Society of Sri Lanka in collaboration with SLCOG and IRC of the RCOG.



A Lecture conducted by
Menopause Society of Sri Lanka
In collaboration with SLCOG &
IRC of the RCOG



ROLE OF ANDROGENS IN MENOPAUSE

08

January
2024

SLCOG
Auditorium

7pm onwards

Programme:

7.00-7.15pm- Introduction
7.15-8.15pm- Role of androgens in menopause
8.00-8.30pm- MTI
8.30-10.00pm- Dinner



Guest speaker

DR. JYOSTANA ACHARYA

MD, MRCOG, Cheshire,

Consultant Obstetrician & Gynaecologist

Sponsored by:



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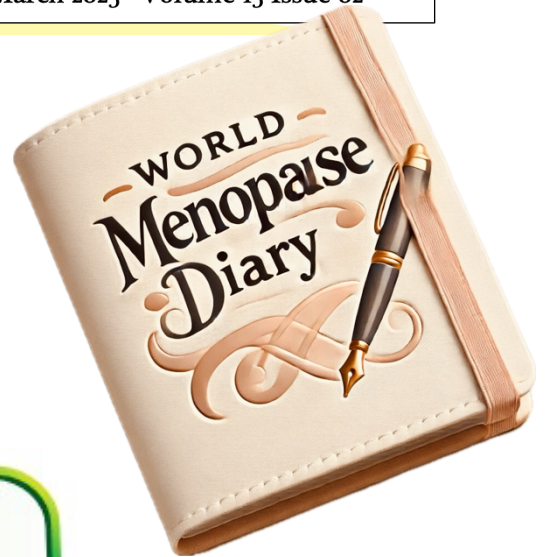


MESON 2024 – 4Th Biennial Conference of Menopause Society of Nepal

4Th Biennial Conference of Menopause Society of Nepal, MESON 2024 was held on 14th December 2024, at Park Village Hotel & Resort, Kathmandu, Nepal, with the theme of “Inspiring new horizons in women at midlife and beyond”. The conference included an oration by the President of South Asian Federation of Menopause Societies (SAFOMS). Dr. Sumith Warnasooriya represented the Menopause Society of Sri Lanka at the conference.



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 - 34th Annual Scientific Conference of British Menopause Society - 26th-27th June 2025.

BMS 34th annual scientific conference
26-27 June 2025

The specialist authority for menopause & post reproductive health

BMS
British Menopause Society

Call for abstracts

Menopause: achieving an equilibrium

12
CME/CPD credits

#bmsconf25