



# Menosoc

Newsletter of the Menopause Society of Sri Lanka



## MENOSOC 2025

Annual Academic Sessions of Menopause Society of Sri Lanka

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Committed to improve the post reproductive life of Sri Lankan woman

112, Model Farm, Road, Colombo – 08, Sri Lanka

TP / Fax: 0094 11 2699211

[menosoc.srilanka@gmail.com](mailto:menosoc.srilanka@gmail.com)

[www.menosocsl.lk](http://www.menosocsl.lk)

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## Editorial: Embracing Midlife Health With Wisdom, Science, and Compassion

As we reflect on another era of progress in women's health, it becomes increasingly clear that menopause is no longer a silent transition. It is a significant life stage, one that demands informed dialogue, evidence-based care, and compassionate support. Today, more women than ever are seeking guidance, clarity, and empowerment as they navigate midlife changes. This places a profound responsibility on healthcare professionals, educators, and policymakers to reshape the landscape of menopausal care in Sri Lanka.

The Menopause Society of Sri Lanka has continued to champion this mission through education, advocacy, and multidisciplinary collaboration. Our recent programmes have highlighted not only the clinical aspects of menopause but also the emotional, psychological, and social dimensions that shape women's wellbeing. Whether addressing non-communicable diseases, osteoporosis, mental health, sexual health, or lifestyle modification, our initiatives reaffirm a central truth: menopause is a holistic journey, not a single event.

With increasing life expectancy, nearly a third of a woman's life today is spent in the postmenopausal years. This compels us to move beyond symptom management and focus on long-term health, resilience, and quality of life. Equipping women with accurate information, fostering supportive communities, and ensuring access to modern, patient-centred care must remain at the heart of our efforts. Equally important is empowering midwives, trainees, and allied health professionals, whose roles are invaluable in delivering community-level education and support.

As we look ahead, our commitment remains firm, to advance research, strengthen clinical practice, and continue creating safe spaces where women feel heard and understood. Together, we can transform the menopausal experience from one often marked by silence and uncertainty into a stage defined by strength, wellbeing, and dignity.

Let us continue this journey with purpose, compassion, and scientific integrity.

**Dr. Sharada Jayalath**

Editor, Menopause Society of Sri Lanka



# *Annual Academic Sessions of Menopause Society of Sri Lanka*

**“25 Years Beyond Menopause – An Essential Investment”**

## **Congress Day 1 Highlights**

The opening day of the 2025 Annual Academic Sessions of the Menopause Society of Sri Lanka set an inspiring tone for this Silver Jubilee milestone. The programme offered a rich blend of tradition, scientific excellence and cross-sector collaboration, attracting participants from across Sri Lanka and overseas.

## **A Grand Opening to the Congress**

The day began with registration and the Free Papers Session, where researchers presented new evidence in menopausal health.

The Inauguration Ceremony commenced with the ceremonial procession, National Anthem and lighting of the traditional oil lamp.

Warm and insightful addresses followed:

- Dr. Harsha Atapattu, President of MSSL
- Hon. Saroja Savithri Paulraj, Minister of Women and Child Affairs
- Prof. Mary Ann Lumsden, UK
- Hon. Dr. Nalinda Jayatissa, Minister of Health

Their messages collectively emphasised the increasing national and global priority of strengthening health systems for midlife women.





## Honouring Leadership and Advancing Knowledge

A memorable highlight was the Felicitation of Past Presidents and the launch of the Society's History Book, celebrating 25 years of leadership, service and scientific growth. This was followed by the MENOSOC Oration by Dr. M.D.P. Gooneratne, who spoke on evolving concepts in menopausal health. Dr. Chinthaka Banagala, Secretary of the Society, delivered the Vote of Thanks before participants gathered for a networking tea.



The academic programme continued with the Dr. M.D.P. Gooneratne Endowment Lecture, delivered by Prof. Mary Ann Lumsden, who presented the latest evidence on Menopausal Hormone Therapy (MHT).



## UNFPA Joint Symposium – Women, Work & Wellbeing

A key feature of Day 1 was the Joint Symposium with UNFPA, addressing how workplace environments, economic participation and healthcare access influence the wellbeing of midlife women. Speakers included:

- Dr. Vindya Kumarapeli – Workplace health policies
- Ms. Thanuja Jayawardene – Women's labour participation and productivity

- Dr. Harsha Atapattu – Unmet care needs in perimenopause

Moderated by Ms. Anushika Amarasinghe, UNFPA Partnerships and Advocacy Analyst, the session highlighted multi-sectoral strategies aligned with national development priorities.



## Innovations in Care and Clinical Practice

The afternoon featured Keynote Address 2 by Dr. Wan Syazween from Malaysia, discussing aesthetic medicine, anti-ageing strategies and regenerative therapies in menopausal care.



A Joint Symposium with the College of General Practitioners followed, focusing on clinical realities in primary care. Speakers included:

- Dr. Sumith Warnasuriya – Prudent general practice in midlife
- Dr. Maithri Rupasinghe – Holistic non-hormonal management
- Dr. Indika Karunamuni – Bone health strategies

The symposium reinforced the essential role of family physicians in guiding women through the menopausal transition.



## Keynote on Surgical Management of SUI

The final keynote of Day 1 was delivered by Dr. Aparna Hegde, India, who offered an evidence-based update on Surgical Management of Stress Urinary Incontinence, a condition with significant quality-of-life implications.



The day concluded with tea, followed by the Congress Dinner, an evening of camaraderie and networking.

## Congress Day 2 Highlights

Day 2 of the MENOSOC Congress showcased advanced science, global expertise and innovative approaches to optimising health during menopause and beyond.

## Morning Focus: Cancer Care in Menopause

The day opened with the symposium “Challenging Malignancies in Menopause.” Speakers covered key areas of cancer prevention and management:

- Dr. Ruwan Silva – New trends in cervical cancer screening
- Dr. Kelum Jayasinghe – Best practice in ovarian and female cancers
- Dr. Kanchana Wijesinghe – Present and future of breast cancer screening

The session highlighted the value of early detection and personalised care.

## Keynote on Assisted Reproduction

Prof. Syeda Batool Mazhar, President of SAFOMS, delivered the keynote on Assisted Reproductive Technologies (ART) in perimenopausal women, addressing global trends, ethical considerations and evolving patient expectations.

## SAFOMS Regional Session

This multi-country session provided insights from across South Asia:

- Female sexual dysfunction – Dr. Zinnat Nasreen (Bangladesh)

- Menopause and cardiovascular health – Prof. Batool Mazhar (Pakistan)
- Lifestyle modification in menopause – Dr. Ambuja Choranur (India)
- Nepalese perspectives and challenges – Dr. Sheela Verma (Nepal)

Speakers underscored the strength of regional collaboration in advancing women's health.



## Keynote: Estrogen, Immunity & Infection Risk

Dr. Mangala Dissanayake delivered a timely keynote on the Impact of Estrogen on Infection and Immunity, discussing hormonal influences on immune function and clinical implications for postmenopausal women.

## Innovation in Menopausal Care

The late-morning symposium on “What’s New in Menopausal Management?” explored cutting-edge developments:

- Dr. Prabhath Randombage - Genito-urinary syndrome and rejuvenation
- Dr. Achintha Dissanayake - Genetics in menopause
- Dr. Sharada Jayalath Artificial intelligence in menopause care

These presentations highlighted how technology and personalised medicine are shaping the future of menopausal care.

## SLCOG Midday Session

The Sri Lanka College of Obstetricians and Gynaecologists delivered a focused set of lectures on:

- Dr. Madhava Karunaratne – Endometrial assessment using ultrasound
- Dr. Dinusha Liyanapatabendi – Sarcopenia and hormonal pathways
- Dr. Dhanushka Kotigala – Role of androgens in menopause

The session provided practical insights for clinicians managing midlife symptoms and risks.



## Managing Health Beyond Midlife

The afternoon concentrated on healthy ageing, with talks on:

- Dr. Manilka Sumanathilaka – Osteoporosis in midlife
- Dr. Malsha Gunathilake - Mental wellbeing in middle age
- Dr. Sithira Senevirathna – Geriatric perspectives on late menopause

The theme emphasised menopause as a “*window of opportunity*” to prevent chronic disease.

## Pelvic Floor Health – A Dedicated Session

The final scientific symposium focused on pelvic floor care:

- Dr. Darshana Abeygunawardena – Surgical anatomy in pelvic floor dysfunction
- Dr. Chanil Ekanayake – New trends in prolapse management
- Dr. Chinthaka Banagala – Managing overactive bladder

The talks showcased both conservative and surgical approaches essential to improving quality of life.

## Case Discussions, Awards & Closing

A postgraduate case discussion led by Dr. Wasantha Kumara and Dr. Chaminda Hunukumbura engaged trainees and clinicians in practical learning.

The congress concluded with the Award Ceremony and Valedictory Session, followed by tea.

## A Milestone Year for MENOSOC

The 2025 Academic Sessions marked a significant milestone, 25 years of leadership in advancing menopausal health in Sri Lanka. With wide-ranging discussions spanning cancer, fertility, endocrinology, geriatrics, genetics, AI, and pelvic floor medicine, the congress reaffirmed a core message: Investing in menopausal health is essential for women, families, workplaces and national wellbeing.

*The Photo*  
*Gallery*  
**MENOSOC  
Dinner 2025**





# **Educational Programme on “Midlife Women’s Health” at School of Midwifery, Narahenpita**

The Menopause Society of Sri Lanka successfully conducted a comprehensive **Educational Programme on Midlife Women’s Health** on **26th April** at the **School of Midwifery, Narahenpita**. The full-day programme brought together experts in obstetrics, gynaecology and women’s health to enhance the knowledge and skills of midwifery trainees and healthcare providers in managing menopausal and midlife health challenges. The programme began with a **pre-test** to assess baseline knowledge and to help participants reflect on their learning needs.



## **Key Academic Programme**

### **Prof. Piyusha Atapattu**

Prof. Atapattu opened the academic sessions with a comprehensive **Introduction to Menopause**, covering the physiology of the menopausal transition and the wide range of symptoms experienced during the **perimenopausal age**. This was followed by a detailed discussion on **non-communicable diseases (NCDs)** and the importance of **lifestyle modification**, emphasising preventive measures for midlife women.

### **Dr. Chaminda Hunukubura**

Dr. Hunukubura delivered two important sessions addressing key clinical issues in midlife. He first presented an evidence-based overview of **osteoporosis**, highlighting risk factors, early detection and preventive strategies. His second session focused on **contraception in midlife**, where he clarified safe, appropriate and effective contraceptive options for women approaching menopause.

### **Dr. Ruwan Silva**

Dr. Silva addressed two major gynaecological concerns frequently encountered in midlife. His session on **abnormal menstruation and vaginal bleeding** guided participants through differential diagnosis and clinical management strategies. He later presented an update on **Hormone Replacement Therapy (HRT)**, providing clarity on indications, benefits, risks and current guidelines.

### **Dr. Chinthaka Banagala**

Dr. Banagala provided valuable insights into **genitourinary problems in menopause**, outlining common presentations and modern management approaches. He also discussed **other gynaecological disorders in midlife**, offering practical tips on diagnosis, referral pathways and long-term care.

### **Dr. Dasanthi Akmeemana**

Dr. Akmeemana focused on the psychological dimension of menopausal care through her session on **psychological problems in menopause**. She discussed anxiety, depression, mood changes and the need for holistic, patient-centred management.



### **Dr. Harsha Atapattu**

Dr. Atapattu concluded the series of lectures with two crucial sessions. The first focused on **cancer screening**, underscoring the importance of early detection in cervical, breast and endometrial cancers. His second session covered **sexual dysfunction in menopause**, highlighting its impact on quality of life and emphasising sensitive, supportive clinical care.

## **Interactive Closing Session**

The programme concluded with a **post-test** to evaluate knowledge gained, followed by a lively **Q & A session**, during which participants engaged actively with the expert panel, clarifying doubts and discussing practical aspects of clinical care.

## **A Valuable Training Initiative**

The educational programme was widely appreciated for its depth, relevance and interactive approach. It provided an important platform for midwifery students and healthcare providers to strengthen their understanding of menopause and midlife health—empowering them to deliver better care to women across Sri Lanka.

# PRE-CONGRESS WORKSHOP ON “ADVANCING SKILLS IN UROGYNAECOLOGY”

The Menopause Society of Sri Lanka commenced its 2025 academic programme with a highly successful **Pre-Congress Workshop on Urogynaecology**, held on **11 July 2025** at the **SLCOG Auditorium** from **7.30 am to 2.30 pm**. The intensive, hands-on workshop strengthened practical skills and clinical decision-making in the evaluation and management of pelvic floor disorders, an area of increasing importance in women's health.

A distinguished international faculty joined leading local experts for this full-day educational event. The workshop featured **Dr. Aparna Hegde**, renowned Consultant Urogynaecologist and Pelvic Reconstructive Surgeon from India, whose expertise added valuable global insight to the programme.



## A Structured Learning Experience

The workshop was organised into two high-yield sessions, combining theory, practical demonstrations, and surgical video learning.

### Session I: Foundations in Pelvic Floor Evaluation

Following registration at **7.30 am**, the scientific programme began with focused lectures on evaluating the incontinent patient, simplifying urodynamic interpretation, and assessing pelvic organ prolapse. Participants then explored both conservative and surgical strategies for managing pelvic floor dysfunction and Stress Urinary Incontinence (SUI).

A short morning tea break at **9.50 am** provided an opportunity for networking and informal discussion.

### Session II: Advanced Management & Live Demonstrations

The second session offered an advanced learning platform that included management of Overactive Bladder Syndrome, detailed surgical videos on SUI and pelvic organ prolapse, and a **semi-live urodynamics demonstration**, a highlight that allowed participants to observe procedural nuances in real time.

After lunch, the programme continued with discussions on postoperative challenges, including voiding difficulties and complications following sling procedures. The session concluded with an in-depth review of female voiding dysfunction, ensuring that participants left with a comprehensive understanding of both routine and complex clinical presentations.



### A Valuable Learning Opportunity

The Pre-Congress Workshop proved to be an exceptional platform for clinicians, trainees, and allied health professionals to enhance their competence in urogynaecology. With expert guidance, practical demonstrations, and exposure to modern techniques, participants gained enriched learning and valuable professional development.

The workshop was coordinated by **Dr. Darshana Abeygunawardana** and was supported by **GE HealthCare**.

## “Essential Investment Beyond Menopause”

### A media conference held by the Health Promotion Bureau (HPB)

A media conference held by the **Health Promotion Bureau (HPB)** on 04<sup>th</sup> June 2025 highlighted the urgent need for greater awareness of post-menopausal health challenges in Sri Lanka, emphasizing that addressing these issues is an "**essential investment**" for a woman's long-term health and productivity.

Health authorities noted a significant lack of awareness regarding health challenges after menopause, leading many women to normalize or ignore preventable concerns.

an investment that can benefit a woman for 25 more years of her life.

The speakers emphasized that most post-menopause-related health concerns have effective solutions and management options available.

There were calls to include menopause as a formal part of the National Health Policy and integrate it into existing programs, such as the Well Woman Clinic guidelines.

The Menopause Society of Sri Lanka advocates for a multi-

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With women generally living longer than men, paying attention to post-menopausal health is crucial for ensuring a healthy and productive quality of life in later years.

Dr. Harsha Atapattu, President of the Menopause Society of Sri Lanka, explained that identifying and taking preventive measures at the age of 50 is

disciplinary approach to menopause management, involving various specialities in the council and public awareness programs.

The conference was likely a precursor to the "25 years beyond menopause – an essential investment" theme of the Menopause Society of Sri Lanka's Silver Jubilee academic sessions held in July 2025.



## Annual Academic Sessions of Pakistan Menopause Society

Dr. Harsha Atapattu, President of the Menopause Society of Sri Lanka, participated in the Annual Academic Sessions of the Pakistan Menopause Society on 25 June 2025, where he delivered an insightful presentation on “Violence Against Elderly Women.” His contribution highlighted the growing need for regional collaboration to address this under-recognized issue, emphasizing preventive strategies, advocacy, and the importance of strengthening support systems for vulnerable older women.



# Advanced Gynaecological Ultrasound Pre-Congress Workshop Successfully Concluded

The Menopause Society of Sri Lanka successfully conducted its **Advanced Gynaecology Ultrasound Scan Pre-Congress Workshop** on **6<sup>th</sup> July 2025**, from **8.00 am to 2.00 pm**, at the **University Hospital KDU**. The workshop formed a key component of the Society's pre-congress academic activities and brought together clinicians, trainees and imaging specialists for an intensive day of advanced learning in gynaecological ultrasonography.

The event featured a rich programme designed to enhance practical ultrasound skills and deepen participants' understanding of diagnostic applications across the spectrum of gynaecological care. A distinguished foreign faculty member, **Dr. Sonal Panchal**, Consultant Radiologist from Nagori's Institute for Infertility & IVF in Ahmedabad, India, contributed her expertise, enriching the educational experience with international perspectives.



## A Comprehensive and Skill-Focused Programme

The workshop commenced with registration at 8.00 am, followed by a series of targeted lectures and demonstrations.

### Morning Session Highlights

The scientific programme opened with a session on the **ultrasound diagnosis of various endometrial pathologies**, followed by an insightful discussion on the role of ultrasound in assessing postmenopausal bleeding (PMB). Participants then explored 3D and colour Doppler applications in routine gynaecological practice, gaining practical insights into evolving imaging technologies.

A tea break provided an opportunity for participants to interact and reflect on the morning's sessions.



### Late Morning and Hands-On Training

The workshop resumed with a lecture on the **screening and early diagnosis of ovarian malignancies**, a critical area in women's health where ultrasound plays a central role. This was followed by a session examining the **use of ultrasound in**

**urogynaecological complaints**, addressing its relevance and limitations in clinical evaluation.

A key highlight of the workshop was the **hands-on session**, where participants engaged directly with ultrasound equipment to practise scanning techniques related to **endometrial polyps, fibroids, and adenomyosis**. This interactive component strengthened the practical application of the theoretical knowledge shared earlier in the day.

The programme concluded with lunch at 2.00 pm.

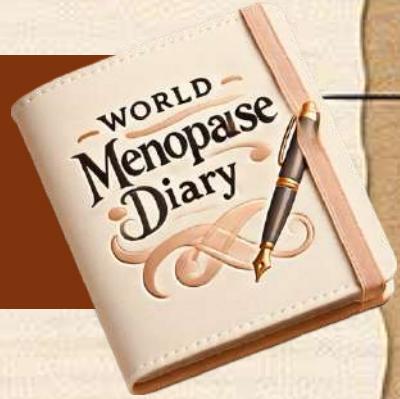


### A Valued Educational Experience

The workshop served as an excellent platform for clinicians to update their knowledge and refine their ultrasound skills. Through expert-led lectures, hands-on training, and interactive discussions, attendees gained valuable exposure to modern diagnostic approaches in gynaecological imaging.

The workshop was coordinated by **Dr. Chinthaka Banagala**. Supported by **GE HealthCare**, the event was widely regarded as a successful and impactful addition to the pre-congress programme of the Menopause Society of Sri Lanka.

# WORLD MENOPAUSE DIARY



- BMS 35<sup>th</sup> Annual Scientific Conference
  - Dates: June 25–26, 2026 (in-person), with on-demand access from July 7–October 7, 2026
  - Location: Chesford Grange, Kenilworth, UK (in-person)

## 35<sup>th</sup> Annual Symposium on women's health

Access on demand from

**8 December 2025 to 8 February 2026**

#whcsymp25  
Education for  
healthcare  
professionals



- 20<sup>th</sup> IMS World Congress on Menopause
  - Dates: September 29–October 3, 2026
  - Location: Rio de Janeiro, Brazil

IMS  
**20 WORLD CONGRESS ON  
MENOPAUSE**  
RIO DE JANEIRO  
BARRA DA TIJUCA  
30 SEPT-3 OCT 2026

- **28<sup>th</sup> Australasian Menopause Society Annual Congress**
  - **Dates:** September 11–13, 2026
  - **Location:** Sydney, Australia



- **31<sup>st</sup> National Conference of the Indian Menopause Society (IMSCON 2026)**
  - **Dates:** February 27 to March 1, 2026, in Bhopal, India.
  - **Location:** Courtyard by Marriott, Bhopal.

