



17th Annual Academic Sessions – 2018

17th Annual Academic Sessions was held on 9th September 2018 at Hotel Galadari, Colombo. The theme was “Adding Life to Menopause”. The chief guest was Dr Razia Pendse, WHO representative to Sri Lanka and Guest of honour was Prof Mary Ann Lumsden, vice president RCOG and past president of International Menopause Society (IMS).



Dr. Mangala Dissanayake delivering welcome speech



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In this issue

	Page No.
• Messages from President, secretary and editor	02
• 17 th Annual Academic Sessions 2018	03
• Precongress workshops	06
• Upcoming events	06
• Recent public awareness programmes	07
• Psychological Aspects of Menopause	09



President's Message

It is with great pleasure that I send this message for the newsletter of the Menopause Society of Sri Lanka. I thank the membership for having me elected to the president of the Menopause Society of Sri Lanka. I promise to meet the responsibility of leadership entrusted to me to the best of my ability & to maintain the tradition to the highest standards of excellence & integrity.

Menopause Society of Sri Lanka is a national organization that works to improve the health of Sri Lankan women in their post reproductive age. Since 2000, Menopause Society of Sri Lanka has gone a long way to educate the health care providers and public on Post Reproductive health issues. Annual scientific session 2018 was held in grand style at the Galadari Hotel, Colombo under the presidency of Dr. Mangala Dissanayake. I would like to thank past president Dr. Mangala Dissanayake and his team for the great job they have done.

My Special thank goes to editor Dr. Sharada Jayalath for the hard work done to release the newsletter so soon. Let us all get together to fulfill the vision of Menopause Society and I am expecting all yours assistant & Contribution to achieve this goal.

Dr Sanath Lanerolle
President
Menopause Society of Sri Lanka



Secretary's Message

to the newsletter of Menopause Society of Sri Lanka. Menopause Society of Sri Lanka is a multidisciplinary group of health care professionals consisting of gynecologists, physicians, community physicians, general practitioners and many other health workers who are interested in perimenopause & postmenopausal health.

As the world population increases, along with an increase in life expectancy, many millions of women will be spending a third or more of their lives after menopause. Mission of our society is to advance the health of women at or beyond the menopause transition.

Many activities are planned to be conducted in the year 2019 to educate health care providers to manage peri & postmenopausal health issues. I congratulate new president, office bearers & all council members for 2019 -2020 and invite all the members of Menopause Society of Sri Lanka to work hard in achieving a better health for peri & postmenopausal age women.

Thank you,
Dr. Ruwan Silva
Secretary
Menopause Society of Sri Lanka



Editor's Message

Welcome to latest new letter of MENOSOC Sri Lanka. Committed to improve the post reproductive life of Sri Lankan women, Menopause society of Sri Lanka continues to provide continuous medical education to healthcare providers, post graduate trainees and general public. This quarter had been extremely busy with MENOSOC 2018 annual sessions, in parallel with pre congress and post congress programmes.

We are heading towards a bright future under a new president Dr. Sanath Lanerolle who is committed to continue the legacy of Dr. Mangala Dissanayake, the past president for last 2 years. Members are invited to send their news, views and brief articles on women post reproductive health issues. Comments and suggestions are most welcome.

Dr Sharada Jayalath
Editor
Menopause Society of Sri Lanka

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17th Annual Academic Sessions of Menopause Society of Sri Lanka - 2018



*Warm welcome to
Chief guest by
Dr Piyusha Atapattu and
guest of honour by
Dr Shiromali Dissanayake*



17th Annual Academic Sessions held on 9th September 2018 at Hotel Galadari, Colombo was a successful event with over 100 local and overseas registrants. The theme was “Adding Life to Menopause”.

The programme commenced with free paper presentations with 6 oral presentations and was followed by the inauguration ceremony. The chief guest was Dr Razia Pendse, WHO representative to Sri Lanka and the Guest of Honour was Prof. Mary Ann Lumsden, vice president RCOG and former president International Menopause Society (IMS).



Lightening the Traditional oil lamp by
Prof Mary Ann Lumsden

Prof Mary Ann Lumsden was awarded with honorary membership of Menopause Society of Sri Lanka following which she delivered the MENOSOC oration titled “Why menopause: What is its significance”.



Local and international delegates at the sessions – Prof Indrajith Amarasinghe, Dr Piyusha Atapattu, Dr Mangala Dissanayake, Dr Razia Pendse, Prof Mary Ann Lumsden, Dr M.D.P. Gooneratne, Dr Marlene Abeyewardena, Prof Hemantha Perera, Dr Chaminda Kandeuda, Dr Sumal Nandasena



Local delegates at sessions – Dr Dasanthi Akmeemana, Dr Prasad Rannulu, Dr R. Prathapan, Dr Sanath Akmeemana, Dr M. Sathanandan

Several publications of the menopause society of Sri Lanka were launched at the inauguration. This included 5 educational videos for the public and a book titled “All about Menopause” for the public which is funded by WHO and a flip chart on menopause for the midwives funded by UNFPA and FHB.

The academic programme was started with the Symposium 01 which was titled “Menopause and Organ Systems”. The resource persons were Dr. Chandrika Ponnampereuma, Consultant Cardiologist from Colombo South Teaching Hospital who spoke on “Heart and Menopause”, Prof Thashi Chang, Professor in Neurology from Department of clinical Medicine, University of Colombo who spoke on “Brain and menopause” and Dr. Marius De Almeida, Consultant Orthopaedic Surgeon form Colombo South Teaching Hospital, who enlightened the audience on “Bones and Menopause.”



*Dr. Chandrika Ponnampereuma,
Prof Thashi Chang
and
Dr. Marius De Almeida
delivering their lectures*

The symposium 02 was titled “Menopause and Aging” and was conducted by Dr Sunethra J. Perera, senior lecturer and head of department of Demography, University of Colombo, who spoke on “Demography of Menopause and Aging in Sri Lanka: Socio-economic implication”, Dr M.D.P. Gooneratne, Consultant Obstetrician and Gynaecologist, who spoke on “Menopause and Aging” and Prof. Hemantha Perera, Consultant Obstetrician and Gynaecologist form Sri Jayawardhanapura Teaching Hospital, who discussed on “Menopause and Fertility”.

*Dr Sunethra J. Perera,
Dr M.D.P. Gooneratne
and
Prof. Hemantha Perera
delivering the lectures*





The SAFOMS Session was a part of the Annual Session and Prof. Gehanath Baral, Professor in Obstetrics and Gynaecology from National Academy of Medical Sciences Nepal, Prof. Zinnat Nazreen, secretary general of Bangladesh Menopause Society and Prof. Ganesh Dangal, Professor in Obstetrics and Gynaecology from Kathmandu Model Hospital, Nepal were the resource persons at this prestigious session.



SAFOMS sessions 2018 - Prof. Gehanath Baral, Prof. Zinnat Nazreen, Prof. Ganesh Dangal, Dr Meetha Singh, Dr Marlene Abeyewardena and Prof Indrajith Amarasinghe at head table

Three guest lectures were delivered by Dr Meetha Singh, past president Indian Menopause Society, who spoke on “Managing menopausal symptoms in women with endometriosis”, Dr Mangala Dissanayake, Consultant Obstetrician and Gynaecologist from Base Hospital Panadura who discussed on “Breast cancer risk assessment for treatment with HRT” and Dr Sarada Kannagara, Consultant Gynae-onco Surgeon from Teaching Hospital Karapitiya who delivered a lecture on “Vulval distropies”.



Dr Meetha Singh, Dr Mangala Dissanayake and Dr Sarada Kannagara delivering guest lectures



17th Annual Academic Sessions of Menopause Society of Sri Lanka – 2018 was concluded with the closing ceremony.

Dr. Piyusha Atapattu delivering the Vote of Thanks



Precongress Workshop on Colposcopy



Dr P. Kadaneerachchi delivering a lecture

A Precongress workshop on Colposcopy by Dr P. Kadaneerachchi, Consultant Obstetrician and Gynaecologist, UK was conducted on 22nd August 2018 at Sri Jayawardenapura General (Teaching) Hospital. The workshop was well attended by consultants and postgraduate trainees. Prof. Hemantha Perera and Dr Madawa Karunarathna organized the workshop.



Hands on training at Colposcopy workshop

Upcoming International Events.....



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Susan Davis President of the IMS and Chairman of the Organizing Committee of the Congress



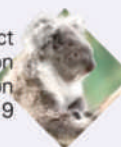
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- General menopause
- Vulvovaginal atrophy/genitourinary syndrome of menopause
- Hormones and hormone action
- Hormones and the metabolism
- Sexual function
- Menopause and cardiovascular system
- Menopause and the brain

- Mood and mental disorders
- Musculoskeletal health
- Breast health
- Gynecology
- Oncology

Abstract submission will open on September 9th 2019



The congress theme of menopause as the beginning of a new phase of life will highlight clinical, research and social aspects of healthy aging. The congress will be addressed by leading international experts in plenary sessions and symposia.

Tobias de Villiers Chairman of the Scientific Programme Committee for the 17th World Congress on Menopause

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Recent public awareness programmes carried out by Menopause Society of Sri Lanka

1. Educational Videos

With the collaboration of WHO, Menopause Society of Sri Lanka has prepared five educational videos for the public awareness. Videos were directed by Mr. Bandula Nanayakkarawasam. These videos are launched at the 17th Annual Academic Sessions on 9th September 2018.



Mr Bandula Nanayakkarawasam handing over the videos at Annual Scientific Sessions



During the production of videos

2. Flip charts on Menopause





Flip charts on menopause was developed in collaboration with UNFPA and FHB and it was launched at the inauguration of Annual Academic Sessions 2018. UNFPA Sri Lanka has provided the sponsorship for 500 copies during this year. These flip charts will be distributed among midwives to talk to women on why menopausal health is important and how they can overcome challenges to live healthy and happily.



Handing over of Flip Charts to Representatives of UNFPA and FHB at Annual Academic Sessions

3. “All about Menopause” a Book on menopause

The English version of the book titled “All about Menopause” was launched at the inauguration of Annual Academic Sessions 2018. The project was sponsored by WHO and Sinhala and Tamil translations are being edited and will be published soon.

We can help you if

- You are approaching or going through menopause
- You have had a hysterectomy or premature menopause
- You are post menopausal
- You are interested in midlife issues
- You are a healthcare professional with an interest in the menopause

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 Ruwan Silva

Secretary

Email –

menosoc.srilanka@gmail.com



Psychological Aspects of Menopause



Ramani was forty-eight when her periods started becoming irregular. Along with it came other troublesome symptoms: she would sometimes get flushed and drenched with sweat, which caused her much embarrassment at work. She found that sexual intercourse was now painful yet was unsure of how to deal with it. Her only son had recently started university and had just left home. Ramani, who had devoted much of her life to tending to her son's needs, suddenly felt like her life lacked purpose.

It is not uncommon for women of menopausal age to present to medical practitioners with symptoms such as anxiety, irritability and depressed mood. However, contrary to popular belief, current evidence denotes that these symptoms are not exclusively due to hormonal changes alone. Furthermore, there are no psychological symptoms that are specific to menopause alone. However, even though the psychiatric morbidity with regard to menopause is not significantly high, menopause does have an evident psychological impact.

The prevalence of depression is known to increase around menopausal age, which led to the popularly held belief that menopause and its hormonal changes would contribute to depressive symptoms. However, correlation doesn't necessarily indicate causation. It is important to note that this age-related peak in depression is seen in males as well.

Nevertheless, menopause represents a time of both physical and psychological change in the life of the average woman. Peri-menopausal and post-menopausal periods coincide with significant life events such as the separation of children from home, and retirement. Furthermore, physiological changes related to menopause may well have a “domino effect”. Hot flushes, for instance, may affect sleep, leading to irritability and lethargy.

Psychological symptoms related to menopause, therefore, should not be regarded as mere results of hormone changes. It is important to look at the bigger picture regarding the physical, mental and lifestyle changes that occur in peri-menopausal and post-menopausal women.

Much has been postulated about “empty-nest syndrome”, the feeling of grief and separation that



parents feel when children leave their homes. Even though, in traditional Sri Lankan culture, children remain very much attached to parents even after growing up, physical separation of children from their childhood homes is more frequently seen now as children move to cities or migrate for their higher education, employment or marriage. The resulting feelings of isolation may well contribute to loneliness and despair.

Retirement is another significant life event that occurs in the post-menopausal period. Some women take this new found “freedom” in stride, channeling their strengths into tending to their hobbies and rearing their grandchildren. Others, particularly previously high-functioning professionals, may not take so kindly to the change in their role in the society, and may feel that they lack purpose following the demise from work.

Menopause and the post-menopausal age generally reflect a significant change in the relationship a woman

has with her partner. Menopause is associated with a decrease in Libido, along with decrease in vaginal lubrication. This may make sexual intercourse unpleasant and painful. Making matters worse for the average Sri Lankan woman is the general taboo around sexual activity in women “with grown-up children”. Therefore a woman's insecurities and feelings of inadequacy regarding her sexuality may well go undeclared, even to her partner. In that context, she might feel it 'inappropriate' to seek medical help for these symptoms.

All in all, it is important to adopt a holistic approach when optimizing the mental health of women during and after menopause. Tactful management of physical and psychological aspects related to menopause plays an undeniable role in ageing gracefully.

Dr. Achini Samaranayake
Registrar in Psychiatry
Colombo North Teaching Hospital.



Nutrition during Menopause



Menopause is the name given to the time when women's ovaries slowly stop working. This leads to a fall in levels of the estrogen and is thought to be related to a variety of health issues.

Lack of estrogen affects bone health and may lead to osteoporosis. One may feel hot, may have problems with memory and effects on cardiovascular system are significant. On the other hand some women have sexual issues. Gaining weight is another problem that will add on to the risk of non-communicable diseases such as diabetes and cancer.



However it is well proven that appropriate nutrition can impact positively to relieve above ill effects. Having a well balance meal, paying attention to bone health, maintaining an optimum weight facilitated by a balanced exercise plan are the key life style changes for a healthy menopause.

All food groups should be included in the daily diet. The main food groups are Grains, vegetables, fruits, fish and animal products, milk and milk products and nuts and oily seeds.

High quality proteins such as fish, eggs, meat and milk should be a part of the daily intake to maintain a good muscle mass and to avoid sarcopenic obesity.

A daily intake of two fruits from two varieties and at least 3table spoons of vegetables for a main meal is essential. Fruit and vegetable intake is associated with increase bone mineral density, increase antioxidant levels and provides the mood regulating mineral, magnesium, which is often low in menopausal women.

Two portions of milk preferably the skimmed liquid milk or low fat dairy products should be taken to assure adequate calcium intake. A healthy choice of fats from mono unsaturated fats such as in olive oil, avocado, seamy seeds and nuts should replace the unhealthy fats in short eats, deep fried food and bakery and confectioneries. Daily additions of oil in the cooking should be limited to two table spoons of oil per day.



Added sugar should be confined to six tea spoons per day .This includes sugar in sweets and sugary drinks.Drinking plenty of water to keep you hydrated will sustain good kidney functions for a longer time as well as keep the skin supple for a longer period.

Excessive salt can lead to high blood pressure also may cause hypercalciurea, thus predisposing to osteoporosis. A high salt diet may also exacerbate bloating and fluid retention. To cut down on salt reducing the amount of processed foods such as bacon, sausages and salt added nuts and confectioneries .Added salt should be restricted to one teaspoon per day.

Vitamin D is found to be deficient in the elderly population in general .Consuming good amount of fish and outdoor activities helps to boost the natural vitamin D levels.Fall in the metabolic rate with age and less activity predisposes women in menopause to gain weight. This leads to increase risk of metabolic syndrome, diabetes and cardiovascular complications. Keeping a watch over the calorie intake is essential in this population.

Some foods are rich in natural oestrogens. Including them regularly in meals can boost up body's oestrogen levels thus relieve symptoms of menopause .Soya, legumes, fruits and vegetables(red grapes),Brown rice, milk ,tofu, yoghurt are some of them. Among all above the benefit of engaging in regular exercises both cardio and strength training plays a paramount role in helping to maintain long term stamina ,muscle mass and strengths in menopause.

Dr Manoji Gamage
Registrar in Clinical Nutrition





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