



Menosoc

Newsletter of the Menopause Society of Sri Lanka

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The Annual Scientific Session of the Menopause Society of Sri Lanka was held on the 21st June 2015 at Sri Lanka Foundation.

Mrs Rosy Senanayake, State Minister of Children's Affairs was the chief guest.



Chief Guest addressing the gathering



Council being introduced to the Chief Guest

Council

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Mrs. Chandrika Haththotuwa
Mrs. Wasantha Perera
Ms. Manel Amarasinghe
Dr. Sanath Lanerolle

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Message from the President

MENOSOC continues to organise Post Reproductive Health programs and such a program was held at Base Hospital, Chillaw on the 15th of September 2015. It was organised by MENOSOC council members Dr. Buddhi Jayasekara and Dr. Sanath Lanerolle for the nurses, midwives and doctors of Puttalam District. The resource persons were Dr. Marlene Abeyewardene, Dr. M D P Goonaratne, Dr. Piyusha Atapattu, Dr. Buddhi Jayasekara, Dr. Madura Jayawardene and the VOG's from Base Hospital, Marawila, Doctors. Sanath Lanerolle and Dr. Prasad Rannulu as well as Dr. Abeysinghe VOG, Base Hospital Chillaw.

The RDHS and the MOMCH Chillaw were also present. The program was a great success with the presence of the staff of Puttalam, Marawila, and Chillaw hospitals attending it.

We are extremely thankful to the consultant Obstetricians and Gynaecologists of Base Hospitals Marawila and Chillaw for assisting us to organise this program.

The recently concluded annual academic sessions of MENOSOC 2015 "New Frontiers in Post Reproductive Health" was a great success with contributions from the visiting consultants, Obstetricians and Gynaecologists from India Dr. Sunila Khandelwel, Dr. Valsan and Dr. Aswath Kumar.

Focus was made on Vasomotor Symptoms and Cardiovascular Disease, What's new in the Management of Osteoporosis, Infertility management of older women, with Symposia on Prophylactic surgery to do or not to do; Battle of the Bulge and What is new in the medical management of Urinary Incontinence of older women and a lecture on Sexual Life after gynecological surgery.

At the academic sessions, we discussed the formation of the Post Reproductive Health Task Force to focus on the health of women in the Post reproductive period of their lives as well as the organisation of Midlife clinics for the women in this period of their lives at all the hospitals in our country. The purpose of these clinics is to create awareness amongst the women of this age of the problems they may face in midlife and which they need advice on, in order to lead a healthy life.

Both these issues have been discussed with the Director General of Health Services and MENOSOC has obtained the support of the Ministry in planning out both the Task Force and the clinics, which they too feel is needed for the country.

We would like the support of our council members and the Obstetricians and Gynaecologists for the success of both the Task Force and the Midlife clinics, once they are setup.

Dr. Marlene Abeyewardene

President, Menopause Society of Sri Lanka



Dr. Marlene Abeyewardene

President
Menopause Society of
Sri Lanka

Editorial

A Historical Glimpse in to Menopause

The word **meno** means month in Greek: pause is **pausis**: cessation of the monthly occurrence of periods was termed menopause.

The history of menopause runs in to the Greek civilization. **Aristotle** described the age of menopause as 45. Greeks attributed occurrence of menopause to "**excess of humors**".

Trotula of Salerno, a female physician in the 13th century wrote in her book Diseases of Women that menses can last up to about 50 years.

The word '**menopause**' was first used by the French physician **de Gardanne** in 1812.

In 1821, the term was coined by French physician **Charles Négrier**.

In the 1800 the age of menopause was around 45 in the UK. The menopausal symptoms were attributed to uterus and were diagnosed as "**hysteria**". (Greek: hysterus = womb)

It was thought that the uterus was responsible for physical problems that led to neuroses.

In the 1850's, Edward Tilt, MD stated that "the keystone of mental pathology" was the uterus.

By 1870, hysterectomy was the method to deal with menopausal complaints.

Menopausal women who showed what was considered to be undue sexual excitement or interest were subjected to surgery or put in asylum: the diagnosis being "**climacteric insanity**".

In *The Lancet* in 1903, George Savage wrote that even women who were not mentally ill were offered "**insane interpretations**" for their menopausal symptoms.

During the Victorian period, the surgical removal of the ovaries, or **ovariotomy**, was a simple operation, to cure mental disorder.

In 1902, English physiologists Ernest Starling and William Bayliss discovered **secretin** the first-ever hormone.

In 1925, **oestrogen and progesterone** were differentiated. The findings led to the "**medicalisation**" of menopause

Though the scientific understanding of the menopause gained momentum the attitude of the society towards it did not.

Marie Stopes in her book, Change Of Life in Men and Women, in 1936, gives a bold advice to women: not to worry, and to carry on as though nothing special was happening.

It seems even in the 21st-century the "**menopause**" is considered as a time of poor emotional and physical health.

Dr. Harsha Atapattu

Editor



Dr. Harsha Atapattu

Editor
Menopause Society of
Sri Lanka

Annual Academic Sessions

The Annual Scientific Sessions was conducted on the 21st of June 2015 at Sri Lanka Foundation. It was well-attended with over 70 participants. The MENOSOC oration was delivered by Dr Sunila Khandelwel from India. Prof K Valsan and Dr Aswath Kumar were the other 2 overseas speakers. There were 3 plenaries, 3 symposia, 7 free papers, an invited lecture, a **SAFOMS Session** and a quiz. The sessions were a resounding success. Mrs Rosy Senanayake, the State Minister of Children's Affairs was the Chief Guest and Prof Mohan de Silva, The Chairman University Grants Commission was the Guest of Honour. The means of attracting more participants for future meetings was discussed.

The Annual General meeting was conducted on the same day. The president, steering committee and the council members were acknowledged for their contribution. It was decided to formally acknowledge the assistance given by Gihan, Shaveen and the pre-intern doctors.



Dr. Marlene Abeyewardene welcomes Dr. Sunila Khandelwel, the MENOSOC orator



Force behind the success of Annual Academic Sessions 2015 of the Menopause Society of Sri Lanka



Guest of Honour Prof Mohan de Silva arriving at the Sri Lanka Foundation



Lighting of the traditional oil lamp

Annual Academic Sessions



Dignitaries at the head table



Some of the participants



Vote of thanks by the Secretary Dr. Piyusha Atapattu



Professor Valsan addressing the audience

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 healthcare professionals
- * To inform healthcare professionals

We can help you if:

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

Join us..

Our members receive quarterly newsletters and have access to our information service. To join us please contact:
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Abuse of the elderly: Hidden and Horrible

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MBBS, FRCOG, FSLCOG, MA, (Buddhist Studies)

Continued from the previous issue.....

State policies related to Elderly

The protection of rights of the elders Act No.3 of 2000 under Section 15 (1) and 15 (2) establishes the legal responsibility to care for parents and the responsibility of the state for those who do not have children or have been abandoned by them respectively.ⁱ However there is no law to address abuse of the elderly in the lines of the Prevention of Domestic violence Act 2004. The National charter for senior citizens and the National Policy for Senior Citizens of 2006ⁱⁱ under Strategy 4 and 11 addresses some of the issues related to protection of the elderly

What you can do

Most of the abused are reluctant to tell, therefore it is necessary to be proactive and ask in a sensitive manner and see whether the answers are consistent with what you see. If you perceive that a patient is hesitant about speaking about abuse in the presence of a caregiver, question your patient alone. When caregivers are abusers, questioning patients in their presence isn't likely to expose abuse. Assure privacy and confidentiality for both the patient and caregivers by interviewing them separately but interview and examine the patient first.

Table 1. What you can do

If you find that one of your patients is a victim of elder abuse:

- 1 Determine if the patient is in imminent danger
- 2 Whether the patient is cognitively able to make decisions about his or her own care
- 3 Whether the patient is likely to be abused again
- 4 Determine if the degree of abuse and/or risk for abuse is high
- 5 How future abuse can be prevented
- 6 How the patient's well-being can be assured
- 7 Notify authorized agencies to ensure your patient's safety
- 8 Identify any issues of safety, or whether forced to do things they don't want to do sign etc.
- 9 Accurately and objectively document all your findings
- 10 Providing community education programs can increase elder abuse awareness

Sometimes the care giver perceives a lack of support, feels emotionally burdened and “burned out,” especially if he /she is caring for young and old dependents.

Conclusions

We need to play a critical role by being proactive, screening and intervening in cases of elder abuse. Constant vigilance to this despicable act and timely intervention would prevent years of misery to an elder who is helpless both physically and mentally and often but not always, economically deprived.

ⁱ Protection of Rights of Elders Act No.9 of 2000. Published as a supplement of the Gazette of Socialist Democratic Republic of Sri Lanka of 5th May 2000. Last accessed 04.10.2015
<http://www.socialwelfare.gov.lk/web/images/stories/pdf/legislation/profeld.pdf>

ⁱⁱ National charter for senior citizens and the national policy for senior citizens of 2006. Ministry of social services and social welfare Sri Lanka. 2006 Last accessed 04.10.2015
http://www.socialwelfare.gov.lk/web/images/stories/pdf/legislation/citizens_national_pfsc.pdf

Programmes

Panadura – Awareness Programme for Primary Healthcare Professionals



Dr. Fernandopulle addressing the gathering

The programme held at the Base Hospital Panadura on 6th August 2015, was a successful one. There were over 80 participants. Dr. Mangala Dissanayaka and Dr. Rukshan Fernandopulle organized the programme.

Dr. M D P Goonaratne, Dr. Piyusha Atapattu, Dr. Buddhi Jayasekara, Dr. Sanath Akmeemana, Dr. Rukshan Fernandopulle and Dr. Mangala Dissanayaka participated in this programme as resource persons.

Elderly Medicine

29th July 2015 – A programme on menopause for the Post Graduate Diploma students in Elderly Medicine was held at the Postgraduate Institute of Medicine. Dr. Sanath Akmeemana, Dr. Hemantha Perera, Dr. M D P Goonaratne, Dr. Piyusha Atapattu, Dr. Rukshan Fernandopulle and Dr. Sunil Fernando took part in this programme

Symposium on Menopause at the SLCOG Annual Sessions

48th Annual Scientific Congress of the SLCOG – 21st - 23rd August 2015. Symposium on Menopause redefined: The new dawn Dr. M D P Goonaratne and Dr. Hemantha Perera represented the Menopause Society in this session. Dr. Goonaratne spoke on Hot Flushes while Dr. Perera delivered a talk on Propensity to Dementia: Is Asian menopausal woman different.

The third speaker at this session was Prof. Toby de Villiers who spoke on the topic Tackling women's midlife crisis – What's new in HT? at the same session

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