



Menosoc

Newsletter of the Menopause Society of Sri Lanka

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“Our vision is to empower each and every post menopausal woman in Sri Lanka”

**– Dr Sanath Lanerolle,
President of Sri Lanka Menopause Society**

Dr Sanath Lanerolle revealed Sri Lanka Menopause Society has already planned to conduct “Mihiri Mediwiya” public awareness programmes through out the country. He revealed this during “Mihiri Mediwiya” programme conducted at Samson Rajapakshe Auditorium at Sri Lanka College of Obstetricians and Gynaecologist, Colombo, in collaboration with Inner Wheel Club, Colombo West.

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“Mihiri Mediwiya” at Asiri Central Hospital



Dr Sanath Lanerolle addressing the gathering.....

“Mihiri Mediwiya”, workshop on post menopausal health issues was conducted at Auditorium of Asiri Central Hospital, Colombo on 02.12.2018. Dr Sanath Lanerolle, the President of Menopause Society of Sri Lanka and Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Women, headed the workshop. He welcomed the gathering and spoke on “Introduction to midlife crisis”.

Dr Mangala Dissanayake, Consultant Obstetrician and Gynaecologist at Kethumathi Maternity Hospital, Panadura and immediate past president of Menopause Society of Sri Lanka, discussed on symptoms of menopause. According to him significant amount of post menopausal women experience menopausal symptoms like hot flushes, night sweats, sleep disturbances, vaginal dryness, vaginal discomfort and mood changes.

Dr Piyusha Atapattu, Consultant Physician and Senior Lecturer, Department of Physiology, Faculty of Medicine Colombo, addressed the gathering on “Lifestyle modification and nutrition after menopause”. Osteoporosis, obesity, high blood pressure, high cholesterol levels, heart diseases and increased tendency for certain cancers are common medical problems associated with menopause.

Finally, Dr Ruwan Silva, Secretary of Menopause Society and Consultant Obstetrician and Gynaecologist at Family Health Bureau, Colombo discussed on “Contraception in midlife”.

Staff members including doctors, nurses and midwives of Asiri Central Hospital, Colombo attended the workshop.



Dr Mangala Dissanayake, Dr Piyusha Atapattu and Dr Ruwan Silva delivering their lectures.....



Dr Anil Jasinghe, DGHS heads the Inuagurative “Mihiri Mediwiya” at CSHW



Dr Anil Jasinghe, Director General of Health Service was warmly welcomed



Dr Sanath Lanerolle addressing the gathering

The inuagurative “Mihiri Mediwiya” Programme under the presidency of Dr Sanath Lanerolle, Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Women, was conducted on 30th of November 2018 at the auditorium of Castle Street Hospital for Women. This was organized by Sri Lanka Menopause Society in collaboration with Sri Lanka Nurses Midwifery Association. The chief guest Dr Anil Jasinghe, Director General of Health Service, was warmly welcomed by Dr Asela

Gunawardhane, Director Castle Street Hospital for Women and Dr Sanath Lanerolle, President Sri Lanka Menopause Society. Dr Asela Gunawardhane, Director CSHW, delivered the welcome address.

The theme of the programme was “Current management of post reproductive health of women”. Dr Sanath Lanerolle described about the postmenopausal age and the symptoms of



Dr Asela Gunawardhane, Director of Castle Street Hospital for Women delivering the welcome address



Professor Hemantha Perera, Dr Sanath Akmeemana and Dr Lakshmen Senanayake delivering their lectures

menopause. Professor Hemantha Perera, professor in obstetrics and gynaecology at Sri Jayawardhanapura Teaching Hospital, delivered a lecture on sexual dysfunction in menopause. He further explained the possible causes for sexual dysfunction in menopause, complications and precautions to minimize the negative impact on post menopausal women. Dr Darshana Abegunawardhane, Consultant Obstetrician and Gynaecologist, Base Hospital Elpitaiya, described on abnormal menstruation in peri and post menopausal period.

Contraception during peri menopause and early post menopausal period is a neglected area in our country. Dr Sanjeewa Godakanda, Consultant family physician at Family Health Bureau, explained the possibility of having a conception during peri menopause and early post menopausal period. He further explained the available contraceptive methods which can be used by women during this period. Dr Lakshmen Senanayake, Senior Consultant Obstetrician and Gynaecologist, enlightened the audience on domestic violence during peri and post menopausal period.

Urinary dysfunction is a very common health issue faced by postmenopausal women in Sri Lanka. Dr Sanath Akmeemana, Consultant Obstetrician and Gynaecologist at Colombo South Teaching Hospital, said lack of estrogen following menopause is the key causative factor for urinary dysfunction in post menopausal women. He further described the possible interventions to reduce these complications.

Dr M.D.P. Gooneratna, founder president of Sri Lanka Menopause Society and senior Consultant Obstetrician and Gynaecologist, enlightened the audience on hormone replacement therapy. He

mentioned it is a very safe and useful treatment option for prevention of postmenopausal health hazards, though there are many myths. Dr Dasanthi Akmeemana, Consultant Psychiatrist at Colombo South Teaching Hospital, discussed on “Psychological changes with aging”. Life style modification and nutrition are another two neglected areas by post menopausal women in Sri Lanka. Dr Manoji Prabhashini, Registrar in clinical nutrition at Castle Street Hospital for Women, described the important aspects of life style modification and the importance of nutrition in post menopausal age.

Incidence of osteoporotic fractures is high among postmenopausal women, especially in our region due to multiple reasons. Dr Piyusha Atapattu, Consultant Physician and Senior Lecture at Department of physiology, university of Colombo, delivered a lecture on prevention, detection and the management of osteoporosis. Dr Samanthi Premarathna, Consultant Gynaecologist at Apeksha Hospital Maharagama, discussed on gynaecological cancer screening and prevention in peri and postmenopausal age. According to her, breast,



Dr M.D.P. Gooneratna discussing on HRT



Dr Samanthi Premarathna, Dr Dasanthi Akmeemana and Dr Sanjeewa Godakanda delivering their lectures

uterine, cervical and ovarian cancers are the leading cancers seen among peri and post menopausal women in Sri Lanka.

The programme was well attended by the health staff of Castle Street Hospital for Women including nurses, midwives, paramedical staff and healthcare

attendants. The programme was concluded with delivering of vote of thanks by Dr Ruwan Silva, Secretary of Sri Lanka Menopause Society and Consultant Obstetrician and Gynaecologist at Family Health Bureau.



Some of the Participants



Annual Academic Sessions of Bangladesh Menopause Society 2019

Dr. Mrs. Marlene Abeywardena, Dr. Mangala Dissanayake, Dr. Shiromali Dissanayake, Dr. Piyusha Atapattu and Dr. Harsha Atapattu represented the country at Annual Scientific Sessions of Bangladesh Menopause Society and SAFOMS Conference 2019 held from 7th to 10th of March 2019.



Sri Lankan delegates at Annual Scientific Sessions of Bangladesh Menopause Society



Sri Lankan Delegates at SAFOMS Conference 2019



Mihiri Mediwiya” with Inner Wheel Club, Colombo West at SLCOG



Dr Sanath Lanerolle, President of Sri Lanka Menopause Society and Mrs Shantha Jayalath, President of Inner Wheel Club Colombo west lightening the traditional oil lamp at inauguration ceremony

A workshop themed “Current management of post reproductive health of women” was held on 30th January 2019 at Samson Rajapaksha Auditorium, SLCOG house. The workshop was organized by Menopause Society of Sri Lanka in collaboration with Inner Wheel Club, Colombo West and it was

facilitated by Dr Mrs. Enoka De Silva, Consultant Anaesthetist and the lead of the organizing committee. Target audience was the members of Inner Wheel Club Colombo West. In addition, staff members of Asiri Medical Hospital, Lanka Hospital, Nawaloka Hospital and Ninewells Hospital also participated the event.



Dr Mangala Dissanayake, Dr Piyusha Atapattu, Prof. Hemantha Perera, Dr Manoj Fernando, Dr Samanthi Premarathna, Dr Ruwan Silva, Dr Madura Jayawardena delivering their lectures



The event was commenced with lighting of the traditional oil lamp. President of Menopause Society of Sri Lanka Dr Sanath Lanerolle, immediate past president Dr Managala Dissanayake, Secretary Dr Ruwan Silva, members of Menopause Society of Sri Lanka, the President of Inner Wheel Club, Colombo West Mrs Shantha Jayalath, lead of the organizing committee Dr Mrs. Enoka De Silva and the members of Inner Wheel Club joined the lighting of oil lamp.

The gathering was welcomed by Mrs. Shantha Jayalath, the President of Inner Wheel Club, Colombo West, which was followed by eight guest lectures covering different aspects of post reproductive health of women.

Dr Sanath Lanerolle, Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Women and the President of Menopause Society of Sri Lanka, spoke on “Introduction to Midlife crisis”. According to him Menopause is a biological process occurring in women which marks the end of reproductive period and beginning of post reproductive phase due to non production of female eggs from the ovaries.

Dr Mangala Dissanayake, Consultant Obstetrician and Gynaecologist at Kethumathi Maternity Hospital, Panadura and immediate past president of Menopause Society, discussed on symptoms of menopause. He said that 70% of women are experiencing menopausal symptoms which include hot flushes, night sweats, sleep disturbances, vaginal dryness, vaginal discomfort and mood changes. Common mood changes include depression, anxiety, irritability and nervousness.

Dr Piyusha Atapattu, Consultant Physician and Senior Lecturer, Department of Physiology, Faculty of Medicine Colombo, delivered a lecture on “Lifestyle modification and nutrition after menopause”. According to Dr Piyusha, osteoporosis, obesity, high blood pressure, high cholesterol levels, heart diseases and increased tendency for certain cancers are common medical problems associated with menopause. Currently existing risk factors like obesity, lack of exercise, smoking and high blood pressure can aggravate these complications of menopause. Balance diet and nutrition, regular exercises, weight control and stopping smoking and alcohol are the key lifestyle modifications which are important to minimize the negative effects of menopause.

Dr Manoj Fernando, Senior Lecturer in Health Promotion, University of Rajarata, enlightened the audience on “Gender and family well being”.

Dr Samanthi Premarathna, Consultant Gynaecologist at Apeksha Hospital, Maharagama, spoke on “Cancers in midlife and beyond”. She explained the screening methods and prevention of common female cancers including breast cancer, womb cancer and ovarian cancer.

Dr Ruwan Silva, Consultant Obstetrician and Gynaecologist at Family Health Bureau, Colombo and Secretary of Menopause Society, discussed on “Contraception in midlife”. He further discussed on



Some of the participants



Dr Ruwan Silva, Dr Rohana Haththotuwa, Dr Sanath Lanerolle, Dr Sharada Jayalath and Mrs Shantha Jayalath

different contraceptive methods available at peri menopausal period.

Prof. Hemantha Perera, Consultant Obstetrician and gynaecologist at Sri Jayawardhanapura Hospital, enlightened the audience on “Sexual issues in midlife”. He discussed on level of sexual activities throughout the life and how it affect on physical, mental and social wellbeing of post menopausal women. He further discussed on causes for sexual dysfunction at menopausal ages and simple steps to minimize the negative outcomes.

Dr Madura Jayawardena, Consultant Obstetrician and Gynaecologist and Senior Lecture at Department of Obstetrics and Gynaecology, University of Sri Jayawardhanapura, spoke on “Hormone Replacement Therapy”. He said there are several myths prevailing in the society against the use of hormone replacement therapy, though it is a very safe and important to prevent negative outcomes of menopause like post menopausal symptoms (hot flushes), osteoporosis, heart disease, etc.

Mrs. Shyamalee Fernando, member of Inner Wheel Club, delivered the vote thanks.

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



Peripheral Workshops

“Mihiri Mediwiya” Programme at Base Hospital Elpitiya on 22.02.2019

A peripheral workshop themed “Current Management of Post Reproductive Health of Women for Health Care Professionals” organized by Sri Lanka Menopause Society was held on 22nd February 2019 at Training Center at RDHS office, Karapitiya, Galle. The workshop was coordinated by Dr Darshana Abeygunawardhena, consultant obstetrician and gynaecologist at Base Hospital, Elpitiya. Dr Sanath Lanerolle, Dr Prasad Rannolu, Dr Darshana Abeygunawardhane, Dr Sarada Kannangara, Dr Chaminda Mathota, Dr Madura Jayawardhane, Dr Manisha Dalpadadu, Dr Ruwan Silva and Dr Dhammike Rathnayake delivered the lectures on different aspects of post reproductive health. The workshop was well attended by the health care professionals attached to Base Hospital Elpitiya.



Dr Darshana Abegunawardhana, Dr Madura Jayawardhane, Dr Sarada Kanangara and Dr Sanath Lanerolle addressing the gathering



“Mihiri Mediwiya” Programme at Andiambalama on 26.02.2019

A workshop themed on “Current Management of Post Reproductive Health of Women”, organized by Sri Lanka Menopause Society in collaboration with Inner Wheel Club, Colombo West, was held on 26th of February 2019 at Andiambalama. The workshop was coordinated by Dr Mrs Enoka De Silva, Consultant Anaesthetist. The gathering was welcomed by Dr Sanath Lanerolle, president of Sri Lanka Menopause Society. Resource persons were Dr Sanath Lanerolle, Dr Ruwan Silva, Dr Sharada Jayalath, Dr Chaminda Mathota and Dr Dammika Rathnayake.



Dr Sanath Lanerolle, Dr Dammika Rathnayake and Dr Chaminda Mathota addressing the gathering



Some of the participants



Menosoc Sri Lanka 2019
ANNUAL ACADEMIC SESSIONS OF
MENOPAUSE SOCIETY OF SRI LANKA

In collaboration with
Sri Lanka College of Obstetricians & Gynaecologists (SLCOG) &
South Asian Federation of Menopause Societies

“Invest in Menopause for a Brighter Future”

29th September 2019
Lotus Ballroom
Shangri - La Hotel, Colombo, Sri Lanka



A Day with Cancer Survivors

Another successful “Mihiri mediwiya” programme was conducted by Menopause Society of Sri Lanka in collaboration with Can-Sur-Vive Trust. Theme of the programme was “Current Management of Post Reproductive Health of Women” and it was conducted at auditorium of Lanka Hospital, Narahenpita on 23rd June 2019. Mr Mahanama Dodampegama was the strength behind this successful event organized by the society. Programme included series of lectures delivered by member of the society as well as guest lecturers.

Programme commenced with the fruitful speech by Dr Sanath Lanerolle, President of the Menopause Society of Sri Lanka, on “Introduction to mid life crisis” Dr Piyusha Atapattu, Consultant Physician and Senior Lecturer, Department of Physiology, Faculty of Medicine Colombo, discussed on “Lifestyle modification and nutrition after menopause”.

Cancer at mid life and beyond is a terminal health issue faced by women. Pain relief is a one of the key



**Mr Mahanama Dodampegama
Addressing the Gathering**



Dr Sanath Lanerolle, Dr M.D.P. Gooneratne and Dr Managala Dissanayake delivering their lectures

aspects of palliative care of cancer patients. Dr (Mrs.) Enoka De Silva, Senior Consultant Anaesthetist, discussed the role of pain management in cancers. Dr Sarada Kannangara, Consultant Gynaecosurgeon, made a speech on “Gynaecological cancer screening and prevention”.



Dr Piyusha Atapattu, Dr Sarada Kanangara and Dr Harsha Atapattu delivering their lectures



Dr M.D.P. Gooneratne, Senior Consultant Obstetrician and Gynaecologist, delivered a splendid two speeches on “Menopausal symptoms” and “Hormone replacement therapy in breast cancer”. Urinary dysfunction is a common and embarrassing complication faced by cancer survivors. Dr Managala Dissanayake, Consultant Obstetrician and Gynaecologist, discussed on the management of urinary dysfunction in cancer survivors.

Dr Harsha Atapattu, consultant Obstetrician and Gynaecologist, discussed on “Sexual life in cancer survivors”. Finally a question and answer session was conducted by Dr Nayomal Perera, Consultant Oncosurgeon, Lanka hospital.

Dr (Mrs) Enoka De Silva addressing the gathering



The programme was well attended.....

“Mihiri Mediwiya” at Dematagoda

A “Mihiri Mediwiya” programme was conducted at Gnanwimalarama temple, Dematagoda on 23rd March 2019. This was the 13th successive programme under the presidency of Dr Sanath Lanerolle. The programme was organized by the Menopause Society of Sri Lanka in collaboration with Serendib Doctors Forum. This was coordinated by DR Makarim Hameed, council member of the society.

Dr Sanath Lanerolle addressing the gathering





Dr Sanath Lanerolle (Consultant Obstetrician and Gynaecologist at CSHW and President of Menopause Society), Dr Janakie Karunasinghe (Consultant Obstetrician and Gynaecologist at CSHW) and Dr Makarim Hameed (Senior Registrar in Obstetrics and Gynaecology) participated as resource persons of the programme. The topics were Introduction to menopause, Cancer Screening and AUB (Abnormal Uterine Bleeding), and Urinary dysfunction and Nutrition in menopause respectively. It was a well attended programme by the community in the area.

Dr Janakie Karunasinghe
delivering her lecture

Menopause Awareness Programmes organized by Menopause Society in collaboration with Serendib Doctors Forum and Sri Lanka Jamathe Islami-Ladies Wing

These sessions were conducted at Maradana, Dehiwala and Mawanella



Dr F. Niyaz, Dr Makarim Hameed and Dr M.R.M. Rishard Addressing the Gatherings

A Day with Hospital Staff, Apeksha Hospital Maharagama

A workshop on Current Management of Post Reproductive Health of Women for Health Care Professionals by Menopause Society of Sri Lanka was held on 15th March (Friday) 2019 at Apeksha Hospital, Maharagama. Gathering was addressed by Dr. Sanath Lanerolle, President of Menopause Society. He discussed on “Introduction to post reproductive age” and “Symptoms of menopause”.



Dr Sanath Lanerolle, Dr Makarim Hameed and Dr Lakshika Amarakoon addressing the gathering

Dr. Makarim Hameed, Senior Registrar in Obstetrics and Gynaecology delivered a lecture on hormone replacement therapy. Menopause is associated with many impacts on psychological health. A lecture on “Psychological ageing” was delivered by Dr. Lakshika Amarakoon, Senior Registrar in Psychology.



Dr Chinthana Hapuarachchi, Dr Ruwan Silva and Dr Dammika Rathnayake delivering their lectures

Dr. Chinthana Hapuarachchi made an interesting presentation on “Gynaecological cancer screening and prevention”. In a place which is designated for cancer patients, this was an eye opener to prevent and identify them early prior to the suffering. A lecture on “Contraception - post reproductive age to menopause” was given by Dr. Ruwan Silva, Secretary of Menopause Society. He emphasized on providing and continuing care for the reproductive needs until it is safe to stop.

“Lifestyle modification and nutrition after menopause” was addressed by Dr. Dammika Rathnayake, Registrar in Clinical Nutrition. Urinary dysfunctions are common and distressing to women affecting quality of life. Dr. Sharada Jayalath conducted a lecture on “Urinary dysfunctions in menopause and its management”.



Dr Sharada Jayalath addressing the gathering

This session was carried out with pre test and post test questionnaire followed by an interesting discussion at the end of the session.



Photo Gallery

**“Mihiri Mediwiya” Programme at Seenigama
on 21.03.2019, in collaboration with Inner Wheel Club, Colombo West
Cordinated by Dr. (Mrs.) Enoka De Silva**

