

## Message from the Editor in Chief

Dear authors, reviewers and readers.

It gives me a great pleasure to release issue 2 of volume 1, Sri Lanka Journal of Menopause. At the outset let me thank assisting editors Dr. Sharadha Jayalath and Dr. Chanil Ekanayake for their hard work and their contribution to make this issue.

The global pandemic of novel coronavirus disease 2019 has transformed post reproductive health care around the world into a challenging situation. Medical management, notably women going through the perimenopause and menopause, has come to a new dimensions.

Menopause is a time of transition marked by fluctuating physiologic changes that impact the quality of life of many women with vasomotor symptoms, sleep problems, sexual problems and mood disturbances as well as long-term changes such as genitourinary symptoms, osteoporosis, increase risk of ischaemic heart disease, stroke and sarcopenia.

We must recognize that these difficult times are marred with many uncertainties in terms of social, health and financial security. Uncertainties lead to fear. Excessive fear leads to chaos and total disruption of post reproductive health care in Sri Lanka.

Amidst the pandemic waging through the country and the world, Menopause Society of Sri Lanka continues to serve the post reproductive women in Sri Lanka.

I extend my sincere gratitude to all the authors and contributors to this volume.

Thanking you,

**Dr. Sanath Lanerolle**

Editor in Chief,

Sri Lanka Journal of Menopause.