



Menosoc

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Committed to improve the post reproductive life of Sri Lankan woman

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Nawaloka Hospital inaugurates first ever Menopause Clinic at Private Sector



With the guidance of Menopause Society of Sri Lanka, Nawaloka Hospital recently inaugurated a speciality centre for postmenopausal healthcare at the hospital premises. The centre was declared open under the patronage of renowned Sri Lankan gynaecologist, 'Sri Lanka Ranjana' Professor Sir Sabaratnam Arulkumaran. Chief guest 'Sri Lanka Ranjana' Professor Sir Sabaratnam Arulkumaran, Dr. Sanath Lanerolle, president, Menopause Society of Sri Lanka and council members of Menopause Society of Sri Lanka were warmly welcomed by Nawaloka Hospitals Director Mr. Harshith Dharmadasa. Dr. Rohana Haththotuwa, senior obstetrician and gynaecologist and Dr. Ananda Ranathunga, senior obstetrician and gynaecologist and officials from Nawaloka Hospital including Poffesor Lal Chandrasena, general manager of Nawaloka Hospital, participated the event.

Nawaloka Menopause Centre was launched as a part of Nawaloka Hospital's Serene Health Screening Center. According to Hospital Officials, menopause centre is equipped with most updated medical technology and it is operated by a highly experienced medical specialists. The Menopause Centre will be open weekdays from 7 am to 5 pm.



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Menopause Society Meets Secretary of Health



Abeywardena, past president, Dr S.P. Akmeemana, president elect and Dr Ruwan Silva, secretary of Menopause Society of Sri Lanka also participated. Dr Mrs. H.S.R. Perera, DDG/PHS 11 and Dr Mrs. Chithramalee De Silva, director maternal and child health represented the ministry.

The history of the Sri Lanka Menopause Society, from its establishment and the contribution made so far to uplift the post reproductive health in Sri Lanka, were summarized by current and past presidents of the Menopause Society. With the development of health care facilities in Sri Lanka, aging populations is gradually increasing, creating multiple socioeconomic issues specially in postmenopausal women. The necessity of addressing the post reproductive health issues was accepted by officials from the ministry of health.

Council members including Dr Sanath Lanerolle, president, Menopause Society of Sri Lanka met honorable secretary of health Dr S.H. Munasinghe on 15th of August 2020 at secretary of health office. Dr M.D.P. Gooneratne, founder president, Menopause Society of Sri Lanka, Dr Mrs. Marlene

The officials from both parties discussed on the health issues faced by women in post





reproductive ages in Sri Lanka. Community involvement considered to be a major aspect in providing postmenopausal health care. Therefore it was highlighted that effective communication strategies are uttermost important in further empowering the women in post reproductive life in Sri Lanka.

It was proposed to conduct a pilot project in Colombo involving Colombo Municipal Council (CMC), De Soyza Maternity Hospital (DMH) and Castle Street Hospital for Women (CSHW). The project to be coordinated by the Family Health Bureau (FHB), Cancer Control Programme (CCP) and the in charge of Well Women Programme in collaboration with Menopause Society of Sri Lanka. It was decided to further discuss about the matters regarding the pilot project during upcoming meetings.

It was suggested that the services should be made available through integrated approach with the involvements of all the stakeholders including primary and tertiary health care, and to include this in to the "Primary Care Strengthening Project".



Menopause Society Visits Ragama...



“Mihiri Mediwiya” programme was conducted at North Colombo Teaching Hospital, Ragama on 28th January 2020. The programme was organized by Menopause Society of Sri Lanka, in collaboration with Sri Lanka Midwifery Association. The theme of the programme was “current management of post reproductive health of women for health care professionals”

The officials from the Menopause Society of Sri Lanka were warmly welcomed by director, North Colombo Teaching Hospital, Ragama. The programme was commenced with lighting of traditional oil lamp followed by welcome speech given by Dr. Sanath Lanerolle, president Menopause Society of Sri Lanka.



Dr. Sanath Lanerolle (president of Menopause Society of Sri Lanka and consultant obstetrician and gynaecologist at Castle Street Hospital for Women), Dr. Janakie Karunasinghe (consultant obstetrician and gynaecologist at Castle Street Hospital for Women), Dr. Champa Nelson (council member of Menopause Society of Sri Lanka), Dr. Dasanthi Akmeemana (consultant psychiatrist, Colombo South Teaching Hospital), Dr. Prasad Rannulu (consultant obstetrician and gynaecologist at Base Hospital Wathupitiwala and Secretary Social Activities, Menopause Society of Sri Lanka), Dr. Manoji Prabashini (regis-



trar in clinical nutrition) and Dr. M.D.P. Gooneratne (founder president of Menopause Society of Sri Lanka and senior Consultant Obstetrician & Gynaecologist) represented the Menopause Society of Sri Lanka as resource persons.

Dr. Sanath Lanerolle addressed the gathering on “introduction to midlife crisis”. Dr. Janakie Karunasinghe delivered a speech on “abnormal menstruation, causes and management”. “lifestyle modification in menopause was discussed by Dr. Champa Nelson whereas Dr. Dasanthi Akmeema addressed the gathering on “psychological changes with aging”. Urinary dysfunction is a significant health issue among postmenopausal women and it was discussed by Dr. Prasad Rannulu. Dr. Manoji Prabhashini explained the importance of “nutrition in menopause”. Finally, Dr. M.D.P. Gooneratne discussed on “hormone replacement therapy”. The session was concluded with vote of thanks.





A Day at Police Hospital...

Another successful workshop was conducted at Police Hospital Colombo. It was held on 14th January 2019 at Auditorium of Sri Lanka Police Hospital. The theme of the programme was “current management of post reproductive health of women for health care professionals”. The program was organized by Menopause Society of Sri Lanka in collaboration with Sri Lanka Police Hospital. It was coordinated by Dr Rohitha Fernando, Chief Medical Officer, Sri Lanka Police Hospital.

Dr. Rohitha Fernando warmly welcomed the gathering. Dr. Sanath Lanerolle, president of Menopause Society of Sri Lanka, address the gathering on “introduction to post reproductive age symptoms of menopause”. Urinary dysfunction in postmenopausal women is a distressing health issue among postmenopausal women. Dr. Sanath

Akmeemana, president elect and consultant obstetrician and gynaecologist at Colombo South Teaching Hospital, discussed on “Urinary dysfunctions” in postmenopausal women.

Dr. Mangala Dissanayake, consultant obstetrician and gynaecologist at General Hospital Kalutara, delivered a speech on “abnormal menstruation, causes and management”. Dr. Ruwan Silva, secretary of menopause society of Sri Lanka and consultant obstetrician and gynaecologist at Family Health Bureau, address the gathering on “hormone replacement therapy”. Lifestyle modification and nutrition is a main aspect of nonpharmacological management of postmenopausal health issues. Dr. Champa Nelson, council member of Menopause Society of Sri Lanka, discussed the importance of “life style modification and nutrition in menopause”

One of the most neglected areas in postmenopausal health issues includes psychological changes associated with estrogen deficiency in postmenopausal women. Dr. Dsanathi Akmeema-na, consultant psychiatrist at Colombo South Teaching Hospital Kalubowila, discussed the “psychological changes with aging”. Dr. Harsha Atapattu, chairmen of academic activities of Menopause Society of Sri Lanka and consultant obstetrician and gynaecologist at De Soza Maternity Hospital, addressed the gathering on “sexual health” in post reproductive ages.

The programme was well attended by the staff of Sri Lanka Police Hospital and it was concluded with vote of thanks.



MIHIRI MEDIWIYA TO WATHUPITIWALA.....

Another “Mihiri Mediwiya” Programme under the presidency of Dr Sanath Lanerolle, was conducted on 5th of March 2019 at the auditorium of Base Hospital Wathupitiwala. Theme of the program was “current management of post reproductive health of women for health care professionals”. Base Hospital Wathupitiwala located in suburban area of Gampaha district. It provides services to large draining area including Gampaha district and Kegalle district.



The programme was organized by Menopause Society of Sri Lanka and it was coordinated by Dr. Prasad Rannulu, consultant obstetrician and gynaecologist at Base Hospital Wathupitiwala and Dr. Maithree Chandrarathne, consultant obstetrician and gynaecologist at Base Hospital



Wathupitiwala. The gathering was warmly welcomed by Dr Sanath Lanerolle, president Sri Lanka Menopause Society.

Dr. Sanath Lanerolle, Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Women and President of Menopause Society of Sri Lanka, spoke on “introduction to midlife crisis”. Dr. Lanerolle mentioned that menopause is a biological process occurring in women, which marks the end of reproductive period and beginning of post reproductive phase.



Dr. Janakie Karunasinghe, consultant obstetrician and gynaecologist at Castle Street Hospital for Women, addressed the gathering on “Abnormal Menstruation”. Dr. Karunasinghe discussed the possible causes of abnormal menstrual bleeding mainly focusing the perimenopausal period, and the available management options in current settings.

Dr. Dammika Rathnayake, registrar in clinical nutrition, discussed on “lifestyle modification and nutrition after menopause”. He described the importance of lifestyle modification including regular exercises, weight control, stopping smoking and alcohol and importance of proper nutrition to overcome the issues arises following menopause. “Sexual health in menopause” is another aspect which is not openly discussed in the society specially among postmenopausal women. Dr. Prabath Randobage, senior registrar in obstetrics and gynaecology, address the audience on sexual health in menopause in related to main sexual health issues caused by estrogen deprivation in post reproductive life.

A discussion on “urinary dysfunctions among postmenopausal women” was made by Dr. Prasad Rannulu, consultant obstetrician and gynaecologist, Base Hospital Wathupitiwala and secretary social activities, Menopause Society of Sri Lanka. According to Dr. Rannulu, lack of estrogen following menopause is the key causative factor for urinary dysfunction in postmenopausal women.

Dr. Maithree Chandrarathna, consultant obstetrician and gynaecologist, Base Hospital Wathupitiwala, discussed on “gynaecological cancer screening and prevention” including ovarian cancer, endometrial cancer, cervical cancer and vulval cancer.

Dr. Chaminda Mathota, consultant obstetrician and gynaecologist, Colombo North Teaching Hospital, addressed the gathering on “contraception in menopause”. Contraception during peri menopause and early postmenopausal period is a neglected area in our country. Dr Mathota explained the possibility of having a conception during peri menopause and early postmenopausal period.

Dr. M.D.P. Gooneratne, founder president of Sri Lanka Menopause Society and senior consultant obstetrician and gynaecologist, enlightened the audience on hormone replacement therapy. He mentioned that, even though the society has lot of myths about hormone replacement therapy, it is a very safe and useful treatment option for prevention of postmenopausal health hazards.

The programme was well attended by the health staff of Base Hospital Wathupitiwala, including nurses, midwives, paramedical staff and health-care 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.



A Day At National Hospital...

In collaboration with Clinical Society of National Hospital, Sri Lanka, Menopause Society of Sri Lanka organized a “Mihiri Mediwiya” programme on 25th of February 2020. It was held at Clinmark Auditorium of National Hospital. Hospital staff including doctors, nurses, healthcare attendant and paramedical staff participated the event.

The programme was commenced with lighting of traditional oil lamp. Welcome speech was made by Dr. Mrs. Harshani Fernando, senior consultant physician at National Hospital. Menopause Society of Sri Lanka was represented by Dr. Sanath Lanerolle (president of Menopause Society of Sri Lanka and consultant obstetrician and gynaecologist at Castle Street Hospital for Women), Dr. M.D.P. Gooneratne (founder president of Menopause Society of Sri Lanka and senior consultant obstetrician and gynaecologist), Prof. Hemantha Perera (consultant obstetrician and gynecologist at Sri Jaywardenepura Teaching Hospital), Dr. Sanath Akmeemana (consultant obstetrician and gynaecologist at Colombo South Teaching Hospital), Dr. Janakie Karunasinghe (consultant obstetrician and gynaecologist at Castle Street Hospital for Women), Dr. Chaminda Mathota (consultant obstetrician and gynaecologist at Colombo North Teaching Hospital, Ragama), Dr. Dasanthi Akmeemana (consultant psychiatrist at Colombo South Teaching Hospital), Dr. Ruwan Silva (consultant obstetrician and gynaecologist at Family Health Bureau), Dr. Darshana Abeygunawardena (consultant obstetrician and gynaecologist at General Hospital Trincomalee) and Dr. Manoji Prabashini (registrar in clinical nutrition) as resource persons.

Dr. Sanath Lanerolle addressed the gathering on “introduction to midlife crisis”. He described “what is meant by menopause?” and the importance of addressing the issues related to menopause. Abnormal menstrual bleeding is a distressing symptom among the perimenopausal women. Dr. Janakie Karunasinghe discussed on the causes and management options of abnormal menstrual bleeding in perimenopausal women. Menopause results in multiple symptoms including hot flushes, psychological symptoms, genitourinary symptoms, etc. Management of menopausal symptoms include both pharmacological and nonpharmacological measures. Dr. Darshana Abeygunawardena explained the use of nonpharmacological measures in management of postmenopausal symptoms.



Due to estrogen deprivation, postmenopausal women will have troublesome urinary dysfunctions. It was addressed by Dr. Sanath Akmeemana and he described the possible options to minimize symptoms due to urinary dysfunctions. Dr. Manoji Prabashini addressed the gathering on “lifestyle modification and nutrition in menopause”. Gynaecological cancers including ovarian cancer, endometrial cancer, cervical cancer, vulval cancer and vaginal cancer are higher among postmenopausal women. Screening and identification of these cancers at early stage is the key important factor to achieve higher five year survival rates. Dr. Chaminda Mathota discussed the important aspects of “gynaecological cancer screening”.

80% of women suffering postmenopausal symptoms during their life time and 80% of symptomatic postmenopausal women will be benefited from hormone replacement therapy, which is considered to be most effective strategy in management of postmenopausal symptoms.

Dr. M.D.P Gooneratne addressed the gathering on “hormone replacement therapy”. He further discussed on social myths about hormone replacement therapy. Dr. Ruwan Silva “addressed the gathering on “contraception in menopause”, which is said to be one of the neglected areas.

It is evident that estrogen deficiency in menopause causes mood changes including irritability, anxiety and depression. Dr. Dasanthi Akmeemana addressed the gathering on “psychological changes with aging”. Significant amount of postmenopausal women are suffering from these psychological changes. Finally, Prof. Hemantha Perera explained the “sexual health in menopause”. Main sexual health issues in postmenopausal women include symptoms of vaginal atrophy (vaginal dryness, vaginal itching and dyspareunia) due to estrogen deficiency and lack of sexual desire.

The programme was concluded with vote of thanks.



Menopause Society of Sri Lanka with General Practitioners.....

A CME (Continuing Medical Education) programme was held on 16th of February 2020 at Auditorium, Sri Lanka Medical Association (SLMA). This programme was jointly organized by Menopause Society of Sri Lanka and College of General Practitioners (SLCGP) of Sri Lanka. It was very successful programme and many general practitioners throughout the country participated the programme. Dr. Thivanka Munasighe, council member of Menopause Society of Sri Lanka and member of SLCGP, coordinated the programme to make it a great success.

Dr. Sanath Lanerolle (president of Menopause Society of Sri Lanka and consultant obstetrician and gynaecologist at Castle Street Hospital for Women), Dr. M.D.P. Gooneratne (founder president of Menopause Society of Sri Lanka and senior consultant obstetrician and gynaecologist), Prof. Hemantha Perera (Professor in obstetrics and gynecology at Sri Jayewardanepura Teaching Hospital) and Dr. Ruwan Silva (secretary of Menopause Society of Sri Lanka and consultant obstetrician and gynaecologist at Family Health Bureau) represented the Menopause Society of Sri Lanka as resource persons.

Dr. Sanath Lanerolle addressed the gathering on “introduction to midlife crisis”. He discussed the pathophysiology of menopause and complications. Dr. Ruwan Silva discussed on “urinary dysfunctions” in postmenopausal women. He further described on the pathophysiology of urinary dysfunctions and available management options. Dr. M.D.P. Gooneratne addressed the gathering on “hormone replacement therapy”. Dr. Gooneratne further discussed on current updates on hormone replacement therapy. “nonhormonal alternatives and sexual dysfunction in menopause” were discussed by Prof. Hemantha Perera. The CME programme was concluded with vote of thanks and closing session.



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:

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