

# NEWS COVERAGE

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Page: -



MAGAZINE

## International Menopause Society in association with the Indian Menopause Society

Dec 6, 2013

Mumbai : Every year, the International Menopause Society focuses on one preventive health issue for women. In India, with an increasing number of women getting married at a much later stage in their lives and postponing childbearing, the midlife health of women in our country especially with respect to fertility and sexuality warrants attention. Alarming, studies show that 96% of post menopausal Indian women have at least one major cardiovascular risk factor. Most women between the ages of 50-60 face this threat. Post menopausal osteoporosis is another life threatening disease that has been flagged by the society and has affected approximately 43 million women in India. This number is rising every day. Breast cancer is another dreaded disease that has become deadlier for the modern Indian woman. Experts project breast cancer to strike approximately 2.5 lakh women in India by 2015.

**As Organising President of the Congress and Member of the Board of the International Menopause Society, renowned gynaecologist and fertility expert, Dr Duru Shah has organised the first-ever International Congress – “Challenges in Women’s Health – New Dimensions in the 21st Century” which will highlight and discuss the midlife health of women in India. The 3 day Congress is being hosted by the International Menopause Society in association with the Indian Menopause Society and starts on Friday, December 6, 2013. It is being held at the Grand Hyatt, Santacruz in Mumbai. Over 18 well known international speakers will address the Conference including Dr. Tobie Johannes de Villiers, President, International Menopause Society.**

The main objective of the Congress is to update gynecologists in India who are the primary care physicians for women on preventive healthcare and early detection of women’s health issues – from fertility, cancer, dementia, osteoporosis, cardiovascular disease to Alzheimer’s. Over 18 well known International speakers will address the Conference.

Speaking on the Challenges in Women’s Health in India, Dr. Duru Shah, said, “Clinical practice in women’s health was based on the clinical experience of our peers and our teachers. Today it is based on evidence accumulated from very diligent and precise research. During this meeting, we propose to review the evidence which will lead to best practices, debate the use of various therapies, learn from the experience of colleagues and imbibe the evidence and latest research, towards a better quality of life for women in India.”

Dr. Tobie Johannes de Villiers, President, International Menopause Society highlighted the Global Perspective of midlife health and said, “Since the International Menopause Society (IMS) was established in 1978 as the world’s first Menopause society, we have been dedicated to guiding women and healthcare providers and the media through the journey of menopause. We understand that the world is changing and menopausal services vary around the world. That is why IMS is proud to work with the Indian Menopause Society, in a joint collaboration, to create this inaugural regional meeting, which we hope will meet the needs of the local physicians and patients alike.”

Chief Guest, Mrs. Tina Ambani, Chairperson of Harmony Foundation, inaugurated the 3-day Congress and released a specially produced IMS — “The IMS Mantra”.

Dr Jyothi Unni, President, The Indian Menopause Society spoke about Strengthening Midlife Health and said, “The theme, “Challenges in Women’s health”, has never been more appropriate than at the present time. Emerging data for prevention and management of several aspects of health of the mature woman make it important for us to stay abreast, to enable us to give women the most appropriate care. We thank the International Menopause Society, led by Dr Tobie Johannes de Villiers and his team for being collaborating with us on what we know will be a very successful forum.”

Today’s programme started with the public forum and panel discussion –

“Caring for the Caregiver in Her Changing World – Are we doing enough?” with panelists Dr. Himanshu Bhushan, Deputy Commissioner, Ministry of Health & Family Welfare, Government of India, Professor Susan Davis, Director, Women’s Health Research Program of Public Health and Preventive Medicine, Monash University, Melbourne, Dr. Asha Manocha, Health Officer, Dignity Foundation, Dr. Arvind Mathur, Medical Officer: South East Asia Region, WHO. Speakers also included Ms. Ameera Shah, Managing Director and CEO, Metropolis Healthcare, Mr. Ujwal Uke, Principal Secretary, Women & Child Development Department, Government of Maharashtra and Ms. Shai Venkatraman, Documentary Film Maker.

Key issues being discussed at the 3-Day Congress are:

1. Breast Disease and the Gynecologist
2. Fit at Fifty, Shapely at Sixty and Strong at Seventy
3. Sexuality at Midlife – Does Anyone Discuss It?
4. Early Detection of Genital Cancer – Cutting Edge Technology
5. Urogenital Aging – A Social Problem
6. Bone Health – For Quality Life
7. Exciting New Developments in the treatment of Osteoporosis
8. Fertility at Midlife – The Need of the New Generation
9. CVD/CHD – Risks and Benefits of MHT in Menopause
10. Fighting Adiposity – Road Map to Longevity

Source : Lokesh Shastri

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