

## **“LET’S TALK MENOPAUSE”**

### **An Awareness Program on Menopause**

**Nagpur, 27<sup>th</sup> October 2020**

The Department of Obstetrics and Gynaecology, Lata Mangeshkar Hospital, Digdoh Hills, Nagpur had organized an awareness and educational program on Menopause “LET’S TALK MENOPAUSE” for Staff Nurses, Social Workers and Clerical Staff at NKP Salve Institute of Medical Sciences on 27<sup>th</sup> October 2020.

A Woman’s life can be divided roughly into three stages,

1. Before Menarche (start of menses)
2. Menarche to Menopause (reproductive stage)
3. After Menopause

Out of all these stages, woman spends nearly 1/3<sup>rd</sup> of her life in post-menopausal stage. But this is the most neglected stage. We, Indian females have quite negligent attitude towards our health and we often hesitate to share our health problems. Hence, the Department of Obstetrics and Gynaecology, Lata Mangeshkar Hospital decided to take a small effort to create awareness regarding Menopause and related health issues amongst Staff Nurses, Social Workers and Clerical Staff at NKP Salve Institute of Medical Sciences.

Under the able guidance of Dr. Sulabha Joshi (Professor and Head, Dept of OBGY) and Dr. Anuja Bhalerao (Professor and Unit In-charge, Dept of OBGY), program was well co ordinated by Dr. Prajakta Junewar and Dr. Rohini Ramteke.

Program started with inauguration and a key note addressed by Dr. Sulabha Joshi regarding importance of woman’s health in wellbeing of whole family. The topics of the session were Introduction to Menopause, Preventive Care during Menopause, Role of Diet and Exercise during Menopause. The speakers were Dr. Rohini Ramteke, Dr. Kanchan Dwidmuthe, Dr. Varsha Kose and Dr. Sheela Jain. To maintain Social distancing in this Covid era, only 28 delegates could be enrolled for this live program.

The earnest and energetic participation by Staff Nurses, Social Workers and Clerical Staff lined upto the mission of this awareness program. Such small efforts can be a big step towards Safe Menopause for All. So, LET’S TALK MENOPAUSE.



