

Activities of Midlife Management Committee of FOGSI

1. Midlife Management Committee, FOGSI collaborated with Calicut Menopause Society & Endocrinology Committee of Indian Menopause Society for a dedicated session on MHT & Bone Health (October 2022)

Dr Shyjus gave a talk on Pre-Treatment Evaluation before starting Menopausal Hormone Therapy.

Topic 2: Pre treatment evaluation before starting MHT

SPEAKER



Dr. Shyjus P.
Chairperson, Midlife management committee of FOGSI (2021-2024)

CHAIRPERSONS



Dr. Jyothi R. Chandran
Professor & HOD-Dept of OBG,
GMC, Kozhikode



Dr. Beena Guhan
Former Professor GMC Kozhikode,
Senior Consultant,
District Co-operative Hospital, Kozhikode

2. Midlife Management Committee conducted a CYCLATHON to fight Breast Cancer in collaboration with Kannur Cycling Club & JCI Kannur

The component of the programme were

- a) An awareness lecture on role Self Breast Examination & various methods of screening for Breast Cancer
- b) Cyclathon spreading the message of Screening and Early diagnosis in Breast Cancer



3. Midlife Management Committee collaborated with Malanadu Society for MOGSCON 2022, full day CME focused on Midlife Health

Dr Shyjus conducted a dedicated session on the topic:
Preparation for the Golden years of Midlife



4. Midlife Management Committee collaborated with Tamilnadu Federation of OBGyns at Chennai
Dr Shyjus conducted a session on Lifestyle changes in Midlife



5. Midlife Management Committee collaborated with Vishakapattanam O&G Society
Dr Shyjus conducted a session on Lifestyle changes in Midlife



6. Midlife Management Committee collaborated with Higher Education Department & Directorate of Technical Education, Govt of Kerala for the State level launch and Execution of a scheme for Her Empowerment, aptly named SHE

The venue for the programme was Govt Engineering College, Kannur

Dr Shyjus talked on the ways to empower our women, with special focus on challenges faced by these women in Midlife. He shared the dias with some chosen speakers from across the country including

Prof Satish Kailas, Professor from Indian Institute of Science

Mr Sanjay Prabhakaran, the co-founder of Asia Mentors

Dr Daina, Director, Xperi corporation &

Ms Sumi, the Director of Kerala start up mission



7. Midlife Management Committee conducted a **Beach walk for a Cause** to fight Cervical Cancer in collaboration with Cannanore O&G Society at Payyambalam Beach



8. Midlife Management Committee collaborated with the Thrissur O&G Society at Thrissur with a session dedicated to Midlife Health

Dr Shyjus have a lecture on the topic: Planning for Midlife Health & Happiness



9. Midlife Management Committee collaborated at the Millenium Update at VAPI for a session dedicated to Subfertility in Midlife
Dr Shyjus have a lecture on the topic: Adenomyosis & Infertility: Is there any hope?



10. Midlife Management Committee collaborated with Kottayam O&G Society for a session on Midlife Health & MHT
Dr Shyjus have a lecture on the topic: Menopausal Hormone Therapy : How to make it safe?

