



VOL. 2 ISSUE 1 • MAR 2022

SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists

PRESIDENTIAL INDUCTION CEREMONY - 2022

The Induction ceremony of the newly appointed President of the Sri Lanka College of Obstetricians and Gynaecologists, Professor Sanath Lanerolle was held at the Shangri-La Hotel Colombo on the 16th of January 2022.

Traditionally, the outgoing President Dr. Pradeep de Silva presented Prof. Lanerolle with the president's medal and handed over the new presidency.

Prof. Sir Sabaratnam Arulkumaran was the Guest of Honour. Past President, Dr. Lakshman Senanayake was the Special Guest of the event.



Council 2022

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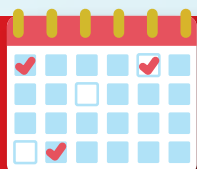
CO-OPTED MEMBERS

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DR. ANANDA RANATUNGA
DR. LAKSHMEN SENANAYAKE

IF IT'S ORALLY EFFECTIVE IT'S[†]

duphaston[®]

Dydrogesterone Tablets IP 10mg



Indications and Dose:

Threatened abortion¹

-40 mg immediately, then 10 mg every 8 hours until symptoms remit

Habitual abortion¹

-10 mg twice a day until the 20th week of pregnancy

Infertility¹

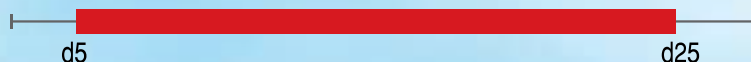
(Due to luteal insufficiency)

-10 mg once a day for at least 6 consecutive cycles



Dysmenorrhoea

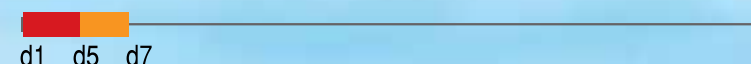
-10 mg twice a day



Dysfunctional uterine bleeding^{1,2}

To stop bleeding

-10 mg twice a day for 5 to 7 days



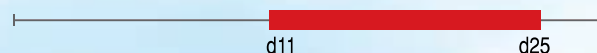
To prevent bleeding

-10 mg twice a day from day 11 to day 25 of the cycle



Irregular cycles^{1,2}

-10 mg twice a day from day 11 to day 25 of the cycle



Premenstrual syndrome¹

-10 mg twice a day from day 11 to day 25 of the cycle





SUBSCRIPTION INFORMATION

SLJOG

SRI LANKA JOURNAL OF
OBSTETRICS AND GYNAECOLOGY
ISSN 1391-7536

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EDITOR'S MESSAGE

Dear fellows & members,

I was given a chance to edit SLCOG Newsletter by the president Prof Sanath Lanerolle. SLCOG news was published once in three months in print and as an electronic version in the webpage.

SLCOG news contents consist of the Academic work, O & G Ladies Forum, Sports page and the Articles from the membership.

SLCOG news has enabled to keep all the members well informed of the college activities.

Abbott CIC Holdings (pvt) Ltd sponsored the entire printing and mailing cost involving with this publication. I thank them for their commitment for this.

Lakcom Printers Pvt Ltd deserves a special thanks for the excellent printing job.



DR WASANTHA GALAPPATHTHY
CONSULTANT OBSTETRICIAN & GYNAECOLOGIST

NO. 112 , MODEL FARM ROAD
COLOMBO 08 .

TEL/ FAX : 0112689036
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PLEASE SHARE
YOUR INTERESTING
EXPERIENCES WITH THE
SLCOG FAMILY THROUGH
SLCOG NEWS



President's Message

I am pleased to send this message to the SLCOG newsletter in this crisis situation of Sri Lanka. I am indeed fortunate to have an editor like Dr. Wasantha Galappaththy who took upon the responsibility of editor of SLCOG 2022. As you will find on reading this newsletter you will find the role of SLCOG and its council in the first three months of 2022.

I started my tenure in office in January with the 1st Council meeting was held in 23rd January, 2022. In keeping with modern trends, the College doesn't confine its activities to the field of Obstetric & Gynaecology only.

SLCOG and its members were actively involved in the management of COVID 19 pandemic to avoid huge disaster of COVID- complicated maternal deaths. Especially, I like to keep in record the role played by Prof. Pradeep De Silva for his active participation in providing the vaccine programme for pregnant mothers when all the health agencies scared to touch. The president and the SLCOG council extremely thankful to him for the leadership given in this human crisis. During this 1st quarter of 2022, a handful of very important events happened in the SLCOG calendar.



Dr. Richard Caldera Oration was held at the Water's Edge on 20th of February by Prof. Sanjeeewa Padumadasa. Several projects were started by the SLCOG. The first project "PROMISE" was initiated under the chairmanship of Dr. Mangala Dissanayake with UNFPA. This was ably supported by the senior past president Dr. Lakshmen Senanayake. Secondly a project was started with the WHO for formulating Guidelines on labor care under the chairmanship of Prof. Pradeep de Silva. Both these projects will bring revenue to the college.

The most historic event happened was commencement of pilot project of confidential enquiry into maternal deaths (CEMD). This was a long over due in the history of SLCOG. I have to thank Dr. Mangala Dissanayake specially for his commitment and Director FHB, Dr. Chithramalee De Silva and team of FHB headed by Dr. Hareendra Dassanayake and Dr. Kapila Jayarathne.



I have to thank all the past presidents and the councils for their hard work done during last 15 years to make this a reality. This project will be started in Southern and Colombo Districts initially and there after entire country.



SLCOG Cricket started again under the captaincy of Dr. Sumith Warnasuriya and we are hoping to have a Colour's Night at the end of the year.

I have to thank Prof Nishendra Karunaratna for organizing excellent social programmes during this three months. Not only social activities, SLCOG had its first safe motherhood programme successfully at DGH Nuwaraeliya.

SLCOG MD part II Preparatory course was superbly conducted with 52 participants at SLCOG. My sincere thanks goes to course director Prof T. Kadotgajan for all the hard work done by him to make this a success.

Also we have released SLJOG (Volume 44, Issue 1) during this three months and SLCOG official webpage, FB page and Youtube channel were updated during this first three months in my tenure in office.

Prof. Sanath Lanerolle

President - Sri Lanka College of Obstetricians & Gynaecologists

Secretary's Message

It is my great pleasure to issue a message to the first newsletter of SLCOG in 2022. SLCOG is dedicated to uplift the academic activities of the members and we have successfully completed new academic activities during last few months amidst the challenges of current situation. I would like to invite all the members of SLCOG to participate in academic activities organize by the college.

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Dr. Chaminda Mathota

Secretary - Sri Lanka College of Obstetricians & Gynaecologists

SLCOG PRESIDENTIAL INDUCTION 2022



The ceremonial procession



Patron, Prof. W. I. Amarasinghe lighting the oil lamp



Dr. (Mrs) Marlene Abeywardena lighting the oil lamp



Prof. Sanath Lanerolle lighting the oil lamp



Prof. Hemantha Dodampahala lighting the oil lamp



Dr. Chaminda Mathota lighting the oil lamp



Performing the National Anthem



Prof. Sanath Lanerolle taking the President's Oath



Prof. Sanath Lanerolle receiving the President's Medal



Section of the audience



Prof. Sanath Lanerolle delivering the Presidential address



Prof. Pradeep De Silva congratulating Prof. Sanath Lanerolle



The special guest, Dr. Lakshmen Senanayake delivering speech



The Guest of Honor, Emeritus Prof. Sir Sabaratnam Arulkumaran virtually addressing the ceremony



Health Minister, Hons. Keheliya Rambukwella's Speech



The outgoing president, Prof. Pradeep De Silva's speech

SLCOG - COUNCIL MEMBERS 2022



Seated Left to Right - Dr. Chaminda Mathota - (Hony. Secretary), Prof. Nishendra Karunaratne - (Social Activities Secretary), Prof. C. Randeniya - (Chairman Global Relationship), Dr. U. D. P. Ratnasiri (Co-opted Member), Prof. Pradeep De Silva - (Immediate Past President), Prof. W. I. Amarasinghe - (Past Patron), Prof. Sanath Lanerolle - (President), Dr. (Mrs.) Marlene Abeyewardene - (Patron), Prof. S. H. Dodampahala - (President Elect), Dr. Ananda Ranathunga - (Co-opted Member), Prof. T. Kadotgaian - (Chairman Regional Activities and Developments), Dr. P. M. Dissanayake - (Chairman Education and Setting Standards), Dr. Sumith Warnasuriya - (Chairman Ethics), Dr. Darshana Abeygunawardena - (Hony. Treasurer)

Standing Left to Right - Dr. B. P. G. N. De Silva - (Assistant Secretary), Dr. Dinuka Lankeshwara - (Council Member), Prof. Rasika Herath - (Chairman Scientific Activities and Research), Dr. Manoj Withanatantrige - (Assistant Secretary), Dr. C. D. Ekanayake - (Council Member), Dr. RajeevVithanage - (Council Member), Dr. A. Sritharan - (Council Member), Dr. S. N. K. Rodrigo - (Council Member), Dr. Chandana Jayasundara - (Council Member), Prof. H. M. J. N. Herath - (Council Member), Dr. S. P. Akmeemana - (Chairman Continuing Professional Development), Dr. G. R. C. Silva - (Assistant Treasurer), Dr. Mayuramana Dewolage- (Council Member), Dr. Chinthana Hapuachchige - (Council Member), Dr. Sudath Senaratne - (Council Member)

Absent - Dr. Wasantha Galappaththy (Editor), Dr. Punsiri Gunathilaka (Council Member), Prof. Nawaz Jiffry (Council Member), Dr. Lakshmen Senanayake (Council Member), Dr. U. G. Kariyawasam (Council Member), Dr. Ruwan Pathiraja (Council Member)



SILVER JUBILEE SAFOG CONFERENCE IN ASSOCIATION WITH SLCOG 55TH ANNUAL SCIENTIFIC CONGRESS



"Enhancing Women's Health with Regional & Global Partnership"

SAVE THE DATES

At Hotel Shangri-La, Colombo, Sri Lanka

2022

16 17 18

SEPTEMBER

Shangri-La hotel
COLOMBO





CHAIRMAN - SCIENTIFIC ACTIVITIES & RESEARCH

SLCOG is committed to continue medical education with edge of the science information to the membership and necessary level of education to other healthcare providers including midwives and nurses.

During the course of the year, we are planning to conduct four safe motherhood programs which would help in disseminating sound information to health care providers in the periphery of the country. With this regard we have already completed a successful safe motherhood program in Nuwaraeliya with the participation of more than 250 health care professionals. This included more than 40 senior members of the college who participated as resource people. The event was also a great outing to the membership. The next safe motherhood program is planned to be held during May. I would invite you to take part in these interesting college activities.

Further, we recently concluded few important academic events. Guest lecture on "Autoimmune/Allergic disorders and Pregnancy" by Prof. Suranjith Senaviratne; Workshop on hysteroscopy organized by Dr. Nishendra Karunaratne; Basic and 3D/4D UltraSound Scan hands workshop by Prof. Hemantha Dodampahala. A carrier guidance programme organized by the SLCOG, on "Training in Australia" with the help of the Dr. S. Ovitigala and Dr. S. Ganeshananthan was well received by the trainees. Prof. Sanjeewa Padumadasa delivered the Dr. Richard Caldera Oration in February and we have four more orations arranged for you during the course of the year.

The main academic event of the college will be the SLCOG annual scientific sessions, in association with the silver jubilee sessions of the SAFOG in September. We would like your participation and contribution to make this event a success.

Wish you all the best!

Prof. Rasika Herath

Chairman, Scientific Activities & Research - Sri Lanka College of Obstetricians & Gynaecologists
Professor in Obstetrics and Gynaecology
Faculty of Medicine
University of Kelaniya



Prof. Rasika Herath



CHAIRMAN - REGIONAL ACTIVITIES & DEVELOPMENTS



Prof. T. Kadotgajan

SLCOG organized the 1st Regional Clinical Meeting in February collaborating the Hill Country Clinical Society. The meeting was held at Hotel Araliya Green Hills, Nuwara Eliya. A training program for doctors, nurses and midwives in the Colombo Municipality Area was held on March 31st at the SLCOG Auditorium.

We also organized the MD Part 2 preparation course in March which had an attendance of approximately 40 trainees. This course was highly appreciated by the postgraduate trainees as evidenced by their post-session feedback. Further, an MD Part 1 course will be held in the month of May.

I would like to thank our president Prof. Sanath Lanerolle, Prof. Hemantha Dodampahala, Prof. Pradeep De Silva, Dr. Chaminda Mathota and Dr. Darshana Abeygunawardena for their contributions

Prof. T. Kadotgajan

Chairman - Regional Activities & Developments
Sri Lanka College of Obstetricians & Gynaecologists
Clinical Professor of Obstetrics and Gynaecology
Castle Street Hospital for Women



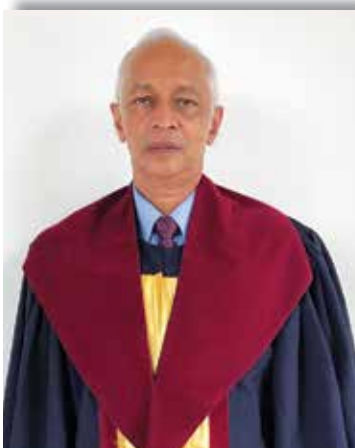


Prime Minister Mahinda Rajapaksa conferred the title of "Clinical Professor" Fifteen (15) renowned Obstetricians and Gynaecologists at the Bandaranaike Memorial International Conference Hall on the 26th November 2021.

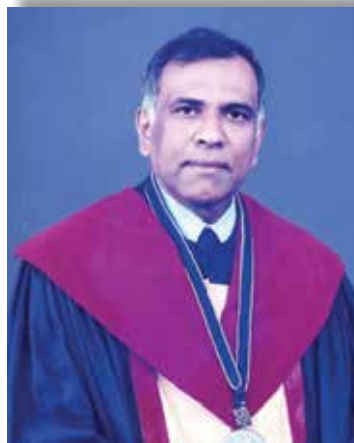
The awarding was conducted at the inaugural ceremony of the 54th Annual Scientific Congress of the Sri Lanka College of Obstetricians & Gynaecologists (SLCOG) under the patronage of Prime Minister Mahinda Rajapaksa and Mrs. Shiranthi Wickremasinghe Rajapaksa

Obstetricians and Gynecologists Prof. W. I. Amarasinghe, Dr. Sanath Lanerolle, Dr. M. Sadanandan, Dr. S. L. F Akbar, Dr. S. K. Ranaraja, Dr. S. B. Ekanayake, Dr. Gowry Senthilnathan, Dr. S. Shivasumithran, Dr. Rani Sithambarapillai, Dr. Dharshana de Silva, Dr. M. N. Jiffry, Dr T Kodotgajan, Dr. Krishan Silva, Dr. Nishendra Karunaratne, Dr. H. M. J. N. Herath received the Certificate of Clinical Professor title from the Prime Minister.

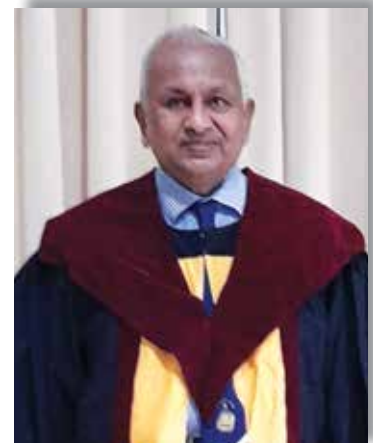
CLINICAL PROFESSORSHIPS



Dr. A. G. S. K. Ranaraja



Prof. W. I. Amarasinghe



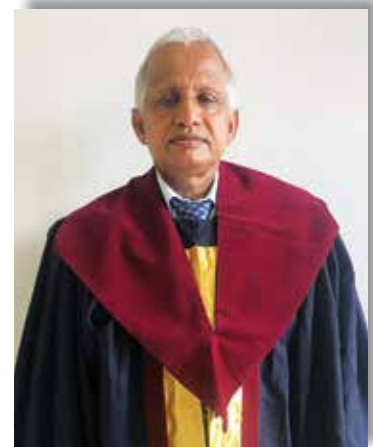
Dr. Muttukrishna Sathanandan



Dr. M. Nawaz Jiffry



Dr. Sanath Lanerolle



Dr. S. B. Ekanayaka



Dr. Arunthavaranee Sithambarapillai



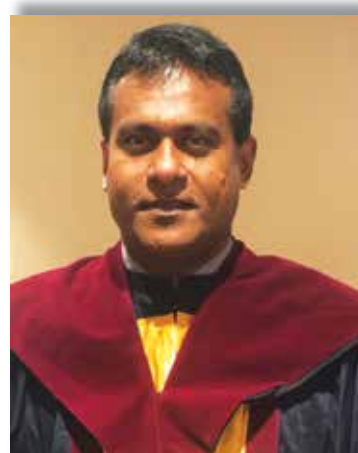
Dr. P. Gowry Senthilnathan



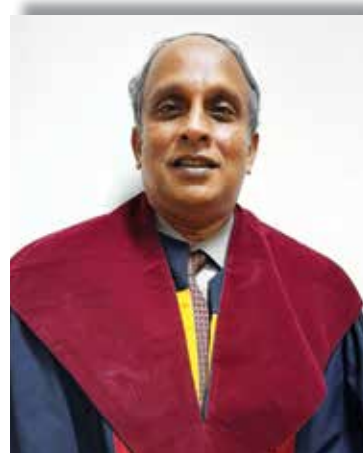
Dr. Darshan De Silva



Dr. S. A. C. K. Silva



Dr. H. M. J. N. Herath



Dr. Thiagarajah Kadotgajan



Dr. Sivasumithran Sivasubradas



Dr. H. W. S. Nishendra Karunarathne



Dr. S. F. L. Akbar

UP COMING EVENTS



Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"

DO YOU WISH TO START A CAREER IN OBS & GYNAE?

4 Months preparatory course for MD part I

- 8 weeks full day course
- Every other Sunday for your convenience
- Covering all the important areas including model questions
- Mock exam and discussion

Commence on

29th

May

Venue:

SLCOG Auditorium

Resource Persons

Prof. Rohan Jayasekera	Dr. M.R.M. Rishard
Prof. Pigusha Atapattu	Dr. Ruwan Silva
Prof. Rukshan Fernandopulle	Dr. Dilusha Gunarathna
Prof. Sanath Lanerolle	Dr. Achintha Dissanayaka
Dr. Gayani Ranaweera	Dr. Indunil Pigadigama
Dr. Chandana Jayasundara	Dr. Diluk Senadheera
Dr. Prabodhana Ranaweera	Dr. Lalith Samarawicrama

Registrations now opened

Rs 30 000 /=

COURSE DIRECTOR:
DR GAYAN DE SILVA



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Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"

SAFE MOTHERHOOD PROGRAMME

At Base Hospital, Puttalam

Coming soon...





Prof. Roshan Jayasekera



Prof. Pigusha Atapattu



Dr. Rishard



Dr. Achintha

Please Mail to: R.C. Colombo
Sri Lanka College of Obstetricians & Gynaecologists



Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"

SAFE MOTHERHOOD PROGRAMME - 3

At Teaching Hospital, Jaffna



COMING SOON ...

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RESEARCH FACILITATING CENTRE (RFC)

Continuous Professional Development

It is indeed a pleasure to send this message to the newsletter of the SLCOG, The Research Facilitating Centre (RFC), fulfil a very important need of the SLCOG by providing training and support for research. The prime aim of the Initiation of RFC is to strengthened infrastructure and take initiatives to foster postgraduate research for the post graduate trainees of the SLCOG, first and foremost I would like to pay my sincere gratitude to Professor Sanath lanerolle the president of the SLCOG for taking necessary steps to establish the RFC and I hope this will play a vital role in producing clinicians who are better oriented in finding new scientific evidence for the good clinical practice of an Obstetrician and Gynecologist. Postgraduate training lays a scientific, rational and ethical foundation for practice of medicine in the future. fundamental principles of postgraduate medical education have been described in the World Federation of Medical Education document and they clearly mention research competency as a requirement among post-graduates. We should have a firm belief that all doctors will be much better professionals and likely to make the physician more rational, logical and responsible, if they have a research mindset, orientation, exposure and hands on experience. Therefore, the research culture in medical institutions should be strengthened and medical universities as well as policy making and statutory bodies should take necessary steps to insist on high quality postgraduate thesis work

In spite of various initiatives at the institutional and national levels, primary preference to clinical commitment overrides research commitment. Also, for a medical teacher, most of the time is spent on teaching and related activities and research gets no priority in the daily routine. Hence the RFC attached to the SLCOG would be much more appropriate for the promotion of high-quality research studies aiming to improve women's health in Sri Lanka.

At the beginning the RFC will be focusing on conducting programs for training in research methodology as a requirement for doing research, conducting research writing support program, facilitating post graduate research as well as focusing on trainees to carry out good quality thesis work.

In order to achieve our goals, we would like to work in collaboration with other research conducting post graduate institutions and helping hands of all professionals those who can guide us, contribute with their knowledge and support. And also, I would use this opportunity to make a humble request from all of our fellows and members of the college to give their helping hands whenever possible to achieve every success of this program.

Dr U. R. Gamage

Consultant Obstetrician and Gynaecologist
Director - Research Facilitating Centre, SLCOG



VISION

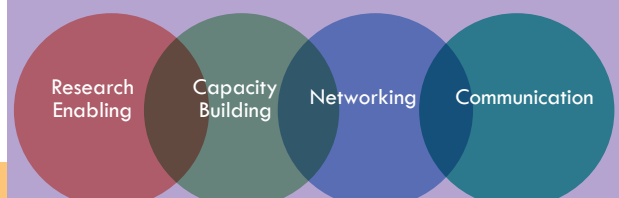
"To be the flag bearer of research excellence in Obstetrics and Gynaecology"

MISSION

"Enhance good researches and publications through facilitating to ensure better data management and optimum use of knowledge resources to maintain higher rate of citation locally and internationally"

OBJECTIVES

- Encouragement and facilitation of research nationally among the membership.
- Assistance in promoting and extending scientific research to cover all aspects.
- Organization and making of cooperative scientific agreements and scientific research work between the SLCOG and other collaborative scientific agencies in national and international level.
- Contribution in publishing research and audit reports of consultant Obstetricians and Gynaecologists and any other publications according to the scientific standards while uplifting the College quarterly journal, SLJOG, and YGA awards.
- Supporting College PG trainees in their research.
- To assist building up the academic profile of the members.



FEATURED ARTICLE

MANAGEMENT OF COVID-19 AMONG PREGNANT MOTHERS IN SRI LANKA

SARS - CoV2 was detected from Wuhan province China in December 2019. Since then virus rapidly spread to rest of the world producing catastrophic pandemic. Up to March 2022 Sri Lanka had over 654,300 cases and 16,361 covid related deaths. Sri Lanka witnessed more than 7000 positive cases among pregnant mothers and around 60 maternal deaths.

Most recent data suggest commonest symptoms of covid-19 in pregnancy are cough, fever, dyspnea, myalgia and sore throat.

Risk factors for severe disease include high BMI ($> 25 \text{ kg/m}^2$), aged more than 35 years, pre-existing comorbidity such as diabetes, hypertension, CKD and systemic illnesses.

Symptomatic COVID - 19 positive pregnant patients can be categorized into mild, moderate or severe disease depending on the disease severity. Covid 19 positive patients are categorized into mild disease, if they require no oxygen and no evidence of COVID-19 pneumonia or other sepsis. Patients with moderate disease require oxygen and show evidence of COVID-19 pneumonia or other sepsis. If Patients with COVID -19 pneumonia with or without other sepsis require mechanical ventilation or CPAP, they are categorized into severe disease.

Covid - 19 positive mothers with SpO₂ more than 94% with no desaturation on exertion, RR less than 20 breaths/min, HR less than 110/minute, and low clinical concern can be managed in community setting and usually does not require thromboprophylaxis. However please refer RCOG quick reference summary of acute COVID - 19 care and RCOG guideline 37a for the thromboprophylaxis requirements if you have any queries in absence of evidence based guideline for our own country.

Patients admitted to hospital require prophylactic dose LMWH during admission and 10 days post discharge and require longer duration of thromboprophylaxis, if persistent morbidity or limited mobility anticipated according to RCOG latest COVID - 19 in pregnancy guideline 7th March 2022.

For moderate and severe disease appropriate dosing regimen of LMWH should be discussed with the MDT, including a senior obstetrician and physician or hematology team. Thromboprophylaxis should be cautiously executed among Covid - 19 positive pregnant mothers in our clinical setting, since thrombosis and thromboembolism are not very common among Sri Lankan pregnant mothers compared to western figures.

All women should receive MDT input, including for decisions to deliver early and decisions for magnesium sulfate therapy for fetal neuroprotection.

Maternity Early Obstetrics Warning System (MEOWS) charts should be used to prompt escalation of care in a deteriorating patient. Use supplementary oxygen where required to maintain saturations more than 94% in patients with moderate to severe disease.

FEATURED ARTICLE

Consider proning up to at least 28 weeks if required, with appropriate padding. SLCOG covid 19 and pregnancy guideline gives a clear photographic explanation of how to keep pregnant patient in prone position. Proning reduce oxygen requirement and improve patient's discomfort. Consider left lateral position if patient is hypotensive and in advanced pregnancy.

Feel free to continue any previously prescribed prophylactic aspirin for pre-eclampsia prophylaxis unless platelet count is less than $50 \times 10^9 / l$. It's very important to maintain strict fluid balance especially in critical COVID-19 pneumonia patients to avoid wet lungs.

Women requiring oxygen should receive steroids with proton pump inhibitor cover. If there is no indication for steroids for fetal lung maturity, oral prednisolone 40 mg once daily or IV hydrocortisone 80 mg twice daily for at least 10 days is indicated. Methyl prednisolone is an alternative for above regimen. If steroid is indicated for fetal lung maturity, intramuscular dexamethasone 12 mg twice 24 hours apart and another 9 days of prednisolone 40 mg daily should be given.

Tocilizumab or sarilumab only indicated for patients who are not responding to steroids (oxygen $< 92\%$ on air or requiring oxygen therapy and CRP > 75 mg/dl) and other supportive measures. Neutralizing monoclonal antibodies should be considered in women who are hospitalized with symptomatic infection who do not have SARS-CoV-2 antibodies (e.g. Ronapreve® IV) or who are in the community and who have very high risk factors (e.g. sotrovimab). Remdesivir should only be considered for those who are not improving, or who are deteriorating instead of other treatments. Ivermectin should only be considered within the context of a clinical trial. Molnupiravir is not recommended in pregnancy until further studies have established its safety and effectiveness. Azithromycin, hydroxychloroquine and lopinavir / ritonavir have been shown to be ineffective and should not be used.

With effective vaccination of mothers including booster dose lead to drastic reduction of moderate and severe disease and maternal deaths due to covid-19 infection, among pregnant mothers. Vaccination of pregnant mothers against covid-19 is the most cost effective intervention in reducing maternal death in recent history. It is health care providers utmost responsibility to make all the pregnant mothers vaccinated against covid-19.

Dr. Mayuramana Dewolage

Consultant Obstetrician & Gynaecologist
Base Hospital Mawanella
Sri Lanka





CHAIRMAN - EDUCATION & SETTING STANDARDS

At the outset, I wish to thank Prof. Sanath Lanarolle, President SLCOG and the council for electing me as the Chairman - Education and setting standards for the second consecutive year.



Dr. Mangala Dissanayake

My main responsibility is to coordinate and to develop clinical guidelines with the support of the guideline subcommittee. I am happy to announce that we were able to complete four guidelines during the first four months of my tenure. SLCOG is committed to provide all the technical assistance and literature surveys for members who are keen to start on writing guidelines.

It has been noted that overseas medical students are not adequately exposed to clinical settings in Sri Lanka. Hence during the first council meeting, I proposed to start a clinical training program with the approval of Director General of Health Services for overseas medical students, who are waiting for ERPM examination. In addition, my subcommittee will contribute to establish the Senior House Officers training program in near future.

Last year, SLCOG and UNFPA started the media campaign "Promises" on sexual and reproductive health, generously funded by the Government of Japan. SLCOG provided the technical support and most of the information; educational and communication materials have been finalized. This media campaign will be visible in print and electronic media in the month of June.

Dr. Mangala Dissanayake

Chairman - Education & Setting Standards

Sri Lanka College of Obstetricians & Gynaecologists

THE BREAKING NEWS BEEPS..

YOUNG GYNAECOLOGIST'S DIARY

TRAVELLING ALLOWANCE

The breaking news beeps on my phone. Fuel prices experience the biggest hike in history as if we had nothing else to worry about. Yes this would add to my travel cost, considering that Kalmunai, where I work, is exactly 418 kilometers from where I live. And will the Ministry of Health consider this and give us, the Consultants working in peripheral areas, some incentive to make the hit less powerful?

I highly doubt it, when we already don't receive the official transport facility or any sort of travelling allowance we are entitled to. How many of our colleagues in all specialties have lost their lives or have had life crippling deformities due to road traffic accidents while they were travelling for work hundreds of kilometers away from home? Sadly, more than a few. But do we have any form of sufficient government sponsored insurance to take care of us if the worst happens? Again the answer will be a big no. As once a big man said, "one should take care of oneself." But for people like me who take the long trip frequently, it's not funny at all.

Since I have opened the Pandora's Box of grievances of a peripherally working consultant, it is better if we look into some other important but almost always neglected aspects of our lives brought about by the profession.



BASIC ACCOMADATION?

Accommodation at the working place is the most challenging for most of us. Not many are fortunate enough to get 3 bedroomed quarters as I did wherever I worked. Most have to be satisfied with a derelict room or a house and a filthy washroom. Unfortunately with time, we have been conditioned to accept it as the norm and to be satisfied, instead of fighting for what we deserve.

A NUTRITIOUS MEAL?

And did I mention the food yet? Unless you are one of those lucky fellows living with one's family or one with the ability to cook a decent meal, most of the unlucky ones like me have to be satisfied with whatever is available at the hospital canteen or the hotel nearby, regardless of whether it is palatable or nutritious. It might jolly well explain the rather untimely deaths of many of our colleagues from noncommunicable diseases.

LENGTHNING RETIREMENT AGE..

But the government has made a plan for us to enjoy the low volume of traffic, pollution-free environment and the ability to enjoy wildlife from the accommodation or while travelling to the workplace. Then is there anything to complain about? Nothing much except for the fact that we will have to work in the same Base hospitals in the peripheries till close to our retirement age in order to enjoy the above with the change in the retirement age of government employees! Now one can only pray that in the next year or so, it will not be extended further to an unpredictable age.

A REALITY OR A DREAM?

But the government has made a plan for us to enjoy the low volume of traffic, pollution-free environment and the ability to enjoy wildlife from the accommodation or while travelling to the workplace. Then is there anything to complain about? Nothing much except for the fact that we will have to work in the same Base hospitals in the peripheries till close to our retirement age in order to enjoy the above with the change in the retirement age of government employees! Now one can only pray that in the next year or so, it will not be extended further to an unpredictable age.



AT LEAST THE PRIMARY RESOURCES?

I am not going to bore you with the things we all know from our day to day work, like the difficulty of arranging cover-up duty especially when we work at a one man station and the horrors associated with finding an ICU bed in an emergency situation. On top of that, not having a proper system has caused us to be dependent on our personal connections to get the requirements arranged. This has been going on for so long without being addressed that we now consider it as the due procedure.

SO, WHERE TO FROM HERE..

Fortunately, we as true Sri Lankans know how to enjoy life even in the middle of the most difficult of situations, and that too to the extent that our fellow countrymen envy us, looking at how many of us fare in society and judging the way we live in apparent luxury. Unfortunately what they don't see, or rather do not want to see is the sad truth of the sweat, tears and stress underneath.

AUTHOR



DR. RAJEEV R. VITHANAGE

Fellowship In Laparoscopic Surgery (India)
Member of Sri Lankan College of Obstetricians and Gynaecologists
Consultant Obstetrician and Gynaecologist at Ashraffmemorial Hospital Kalmunai
Council Member - 2022

Orations 2022

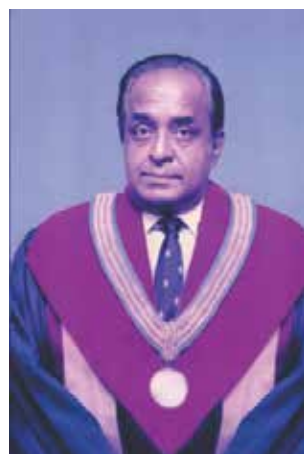
APPLY FOR AN ORATION



Prof. D. E. Gunathilake
1978 – 1980



Prof. D.A. Ranasinghe
1968 – 1970



Dr. Nalin Rodrigo
1981 – 1983



Dr. Siva Chinnathamby
1978 – 1980

SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS ORATIONS 2022

APPLICATIONS ARE CALLED FOR;

1. PROF. D. E. GUNATHILEKA MEMORIAL ORATION – 22ND MAY 2022
2. PROF. D.A. RANANSINGHE MEMORIAL ORATION – 16TH SEPTEMBER 2022
3. DR. NALIN RODRIGO MEMORIAL ORATION – 11TH DECEMBER 2022
4. DESHAMANYA DR. SIVA CHINNATHAMBY MEMORIAL ORATION – 01ST JULY 2022

APPLICATIONS SHOULD BE SENT TO,

SLCOG House, 112, Model Farm Road, Colombo 08.

with the entire oration and brief resume of the salient points. The closing date to receive applications are two months prior to the scheduled date of the given oration.

Email: slcogoffice@gmail.com
Tel/fax: 011 2689036

LATEST EVENTS



Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"

Maternity Care Training Programme

EMPOWERING DOCTORS, NURSES & PUBLIC HEALTH MIDWIVES THROUGH CLINICAL EXCELLENCE

8.00 am - 1.30 am
05th
May

Venue:
SLCOG Auditorium



#principle
PLEASE CONTACT SECRETARIAT AT +94 77 967 8787 OR EMAIL SLCOGOffice@gmail.com



Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"

SLCOG Monthly Academic Activity - Clinical Lecture

SPEAKER



Autoimmune/Allergic disorders and Pregnancy

ALL ARE WELCOME!

7.00 pm
22nd
MARCH

Venue:
SLCOG Auditorium

Organized by:



Prof. Sanath Lanerolle
Clinical Professor of Obstetrics & Gynaecology
President - SLCOG



Prof. Hemantha Dissanayake
Professor of Obstetrics & Gynaecology
President - SLCOG



Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"

Interested in a Obs/Gyn career in Australia?

SPEAKERS



Dr. S. Ganeshanathan
Specialist Obstetrician & Gynaecologist



Dr. Saliya Ovitigala
Specialist Obstetrician & Gynaecologist

- Application process for training in Australia
- How to face the interview (interview preparation)
- Pathway for becoming a specialist in Australia

9.30 am
03rd
APRIL

Venue:
SLCOG Auditorium

Organized by:



Prof. Sanath Lanerolle



Prof. Renuka Herath



Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"



Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"



Upholding the traditions...

DR. RICHARD CALDERA MEMORIAL ORATION

*"Bottom down fetal presentation: the naked truth -
The art of vaginal breech delivery"*



Orator: Prof. Sanjeeva Padumadasa

MBBS, MD (Obs & Gyn), FSLCOG, FRCOG
Professor in Obstetrics and Gynaecology
University of Kelaniya and
Specialist in Obstetrics and Gynaecology
North Colombo Teaching Hospital
Sri Lanka



20th of February 2022

6.30pm

Eagle Banquet Hall, Waters Edge, Battaramulla

Sri Lanka College of Obstetricians & Gynaecologists



REGIONAL CLINICAL MEETING 01

SLOCG IN COLLABORATION WITH THE HILL COUNTRY CLINICAL SOCIETY
DISTRICT GENERAL HOSPITAL, NUWARA-ELIYA

Date: 24th of February 2022

Time: 7 pm to 8 pm

at the

Hotel Araliya Green Hills, Nuwara-Eliya

Welcome Speech Dr. Jagath Ranasingha, President of Hill Country Clinical Society, DGH Nuwara-Eliya

Introduction Prof. Sanath Lanerolle, President, SLOCG

Guest Lecture 1 "Abnormal Uterine Bleeding: common approach" by
Prof. Rasika Herath, Chairman - Academic Activities & Research, SLOCG

Guest Lecture 2 "Thyroid Dysfunction and Reproductive Health" by
Dr.(Ms.) Sonali Gunathilake, Consultant Endocrinologist, DGH Nuwara-Eliya

Vote of Thanks Dr. Chaminda Mathota, Honorary Secretary, SLOCG

Fellowship and Dinner

Coordinated by Dr. Duleeka Dissanayake & Dr. I. R. A. Wijesinghe

Sponsored by Zydus



SAFE MOTHERHOOD PROGRAMME

25th of February 2022

At District General Hospital, Nuwara Eliya

08.30 am - 08.35 am Lighting of oil lamp
08.35 am - 08.45 am Introduction by Prof. Sanath Lanerolle - President SLOCG
08.45 am - 08.50 am Welcome Speech by Dr. Mahendra Seneviratne, Hospital Director
08.50 am - 08.55 am Speech by Dr. M.M.N.S. Manathunga, Regional Director
08.55 am - 09.00 am Speech by Dr. Nihal Weerajuliyana, Provincial Director
09.00 am - 09.05 am Speech on the History of Safe Motherhood Workshops
Dr. Mrs. Marlene Abeyewardena, Senior Past President
09.05 am - 09.15 am Speech by Dr. Chithramalee De Silva, Director, Family Health Bureau
09.15 am - 09.25 am Speech by Dr. Asela Gunawardena
Director General of Health Services, Ministry of Health
09.25 am - 09.30 am Overview of the Safe Motherhood program
Prof. T. Kadetgajan / Regional Activities, Secretary, SLOCG
09.30 am - 09.35 am Overview of the Scientific Programme, Prof. Rasika Herath
Chairman Scientific Activities & Research
09.35 am - 10.35 am Discussion of problems with administrators, VOGs,
MOMCHs and MOHs in the region by the DGHs, Director - FHS & SLOCG

Programme for Doctors

09.45 am - 10.15 am Respectful labour by Dr. U.D.P. Rathnayake
10.15 am - 10.45 am CTG by Dr. Chandana Jayesundara
10.45 am - 11.00 am Tea
11.00 am - 11.30 am Contraception for high-risk mothers by Dr. Thushika Padewiza
11.30 am - 12.00 pm Gestational Hypertension & Pre-eclampsia by Dr. Simara Perera
12.00 pm - 12.30 pm Postpartum by Dr. L.R.A. Wijesuriya
12.30 pm - 01.00 pm PPH by Dr. S. Hemapriya
01.00 pm - 01.30 pm Lunch
01.30 pm - 02.30 pm Hands-on session on breech delivery, shoulder dystocia &
instrumental delivery by Prof. Sanjeeva Padumadasa

Programme for Nurses & Midwives (Sinhala)

09.45 am - 10.15 am Respectful labour by Prof. Sanath Lanerolle
10.15 am - 10.45 am Contraception for high-risk mothers
by Dr. Duleeka Dissanayake
10.45 am - 11.00 am Tea
11.00 am - 11.30 am CTG by Dr. Ruwan Wickramasinghe
11.30 am - 12.00 pm Postpartum by Dr. Sampath Gunaratne
12.00 pm - 12.45 pm Hands-on session on Shoulder Dystocia & PPH
by Dr. Jayanga Thilakaratne
12.45 pm - 01.15 pm Lunch
01.15 pm - 01.45 pm PPH by Dr. Wimal Rajakarama
01.45 pm - 02.15 pm Hypertension in pregnancy by Dr. Asela Amarasinghe
02.15 pm - 02.45 pm Gestational Hypertension & Pre-eclampsia
by Dr. Chithama Banagala

Programme for Nurses & Midwives (Tamil)

09.45 am - 10.30 am Hands-on session
10.30 am - 11.00 am Postpartum by Dr. M. Sangeetha
11.00 am - 11.15 am Tea
11.15 am - 12.00 pm How to identify a bad CTG
by Prof. T. Kadetgajan
12.00 pm - 12.45 pm Contraception for high-risk mothers
by Dr. M.A. R. Jila
12.45 am - 01.15 pm Lunch
01.15 pm - 01.45 pm PPH by Dr. U. Gobi
01.45 pm - 02.15 pm Hypertension in pregnancy
by Dr. M. Sangeetha
02.15 pm - 02.45 pm Gestational Hypertension & Pre-eclampsia
by Dr. U. Gobi

Fellowship & Gala Dinner at Araliya Green Hills Hotel, Nuwara Eliya on the 24th of February 2022

Sri Lanka College of Obstetricians & Gynaecologists



Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"

Basic and 3D/4D Ultra Sound Scan HANDS-ON

Date: 25th of February 2022

Time: 2 pm to 4 pm

at the

**Department of Obstetrics and Gynaecology
District General Hospital, Nuwara-Eliya**



Conducted by: Prof. Hemantha Dodampahala
MBBS, MD, FRCOG, FRCSE, FSLCOG

Professor in Obstetrics and Gynaecology, University of Colombo, Sri Lanka
President - Elect, SLOCG
Chairman - National Research Council

Sponsored by



Coordinated by Dr. Sharada Jayalath

LATEST EVENTS

PRESIDENT - LADIES FORUM

The ladies forum was founded Dr. Kushal Ranatunge in December 2011 . The main objective of this forum was to bring together individuals who were willing to dedicate their time and effort into carrying out charitable programs and social events , while fostering friendship amongst the families of the SLCOG members. As we celebrate 10 years, we are able to look back with a sense of accomplishment and satisfaction that are goals have indeed being achieved. We have now become social arm of the College.

The association has supported the SLCOG yearly by organizing social, religious and cultural events with the whole hearted and willing cooperation of our members in all areas despite their busy schedules and heavy careers .They deserve much appreciation and gratitude for the time and energy spent.

As the President of O&G Ladies Forum 2021 /2022, my aim is to support and help women and children in need. Furthermore, I wish to encourage more active participation of Obstetricians and Gynecologists and their families at our social and charity event so that this Forum may continue to successfully achieve its goal in the years to come which would in turn strengthen the bond between the SLCOG and the O &G Ladies Forum.

Despite the Covid situation and the lock downs, we were able to have a positive impact on the lives of others in many ways.

This year we selected a remote school (Hemamali Maha Vidyalaya Wahalkada) nearly 80 KM away from Anuradhapura. We will be donating school books worth nearly 450,000 and it will be distributed among 331 students along with gift vouchers worth Rs.1500 each from Cargills Food City to 33 Staff members. Members of the Sri Lanka College of Obstetricians and Gynecologists will also be joining the project and donating school bags for these children.

During Eid, Vesak, Poson and Deepavali we have planned to donate dry rations bags for much needed families. Once again, my whole hearted appreciation goes out to our SLCOG President Prof Sanath Lanerolle the council members for the support they provide in all our endeavours. It has been an utmost pleasure to work as a group of capable, hardworking, generous and sincere ladies who continue to contribute their time and effort for the betterment of the lives of the deserving.



Mrs. Sonali De Silva

O & G Ladies Forum President
2021/2022

SLCOG - LADIES FORUM

OFFICE BEARERS

President

Mrs. Sonali De Silva

Vice President

Mrs. Sureni Periapperuma

Joint Secretaries

Dr. Mrs. Prabodha Samararatne

Dr. Mrs. Sujeewani Mathota

Treasurer

Mrs. Kalani Karunaratne

Asst. Treasurer

Dr. Mrs. Sujeewani Mathota

Social Secretary

Prof. Mrs. Piyusha Attapattu

Asst. Social Secretary

Dr. Indumini Wijewardane

Committee Members

Dr. Mrs. Kumudu Senanayaka

Mrs. Saumya Weerasekara

Mrs. Kaushal Ranatunge

Dr. Mrs. Shiromali Dissanayake

Dr. Mrs. Pushpa Perera

Dr. Mrs. Antoinette Warnakulasuriya

Dr. Mrs. Dasanthi Akmeemana

Mrs. Ashran Batcha

Mrs. Dileema Silva

Mrs. P. Sridharan

SCHOOL RENOVATION PROJECT - 2022
Hemamali Maha Vidyalaya, Wahalkada, Kebithigollewa
Anuradhapura

Fixing RO Plant
Rebuild Toilet and Washing Areas (2)
Develop School Media Unit (Communication Instruments)
Repair the Roof Cover of Library Bus
School Bags for 300 Students

Total Estimated Cost Rs.1,500,000.00 (1.5 MN)

GIVING IS NOT JUST ABOUT DONATION.
IT IS ABOUT MAKING A DIFFERENCE.

Please send your contribution to;
Account Name: Sri Lanka College of Obstetricians & Gynaecologists
Account No: 0820 00623484 001
Seylan Bank, Borella Branch

Sri Lanka College of Obstetricians & Gynaecologists

Inaugural Meeting





Femoston®

estradiol/dydrogesterone

17 β -estradiol
+
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Enabling a Happy Transition

Peri-Menopause
Premature
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Sequential Combined MHT

Femoston® 1/10
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E+D

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Continuous Combined MHT

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Convenient



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Physiological



Safer than other
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Recommended By
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* International Menopause Society

#1 in terms breast cancer safety

Reference: 1. Baber RJ et al. 2016 IMS Recommendations on women's midlife health and menopause hormone therapy. Climacteric. 2016;19(2):109-150 2. Schindler AE. Classification and pharmacology of progestins. Maturitas. 2003;46:7-16

Abbreviated Prescribing Information Estradiol and Dydrogesterone Tablets Femoston® 1/10 mg Each of 14 white colour tablet contains: Estradiol (as hemihydrate) Ph Eur1 mg Dydrogesterone IP5mg Femoston® 2/10 mg Each of 14 white colour tablet contains: Estradiol (as hemihydrate) Ph Eur1 mg Dydrogesterone IP10 mg Femoston® 1/10 mg Each of 14 white colour tablet contains: Estradiol (as hemihydrate) Ph Eur2 mg Dydrogesterone IP10 mg Dydrogesterone IP10 mg INDICATION: For Continuous combined; FemostonTM conti 1/5 mg Hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 12 months since last menses. For Continuous sequential; FemostonTM 1/10 mg Hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 12 months since last menses. For Continuous sequential; FemostonTM 2/10 mg Hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 6 months since last menses. All formulations: Prevention of osteoporosis in postmenopausal women at high risk of future fractures who are intolerant of, or contraindicated for, other medicinal products approved for the prevention of osteoporosis. Elderly population: The experience in treating women older than 65 years is limited. DOSAGE AND ADMINISTRATION: For oral use FemostonTM conti 1/5: Continuous combined. The oestrogen and the progestogen are given every day without interruption. One tablet to be taken daily for a 28 day cycle. FemostonTM 1/10 and FemostonTM 2/10: Continuous sequential. The oestrogen is dosed continuously. The progestogen is added for the last 14 days of every 28 day cycle, in a sequential manner. For FemostonTM 1/10 and FemostonTM 2/10: Treatment commences with one white tablet daily for the first 14 days followed by one grey tablet daily for the next 14 days, as directed on the 28 day calendar pack. All Formulations: Femoston should be taken continuously without a break between packs. For initiation and continuation of treatment of postmenopausal symptoms, the lowest effective dose for the shortest duration should be used. For FemostonTM 1/10: In general, sequential combined treatment should start with FemostonTM 1/10. For FemostonTM conti 1/5: Continuous combined treatment may be started with FemostonTM conti 1/5 depending on time since menopause and severity of symptoms. All Formulations: Depending on the clinical response, the dosage can subsequently be adjusted. FemostonTM can be taken irrespective of food intake. CONTRAINDICATIONS: Known past or suspected breast cancer. Known or suspected oestrogen-dependent malignant tumours (e.g. endometrial cancer). Known or suspected progestogen-dependent neoplasms. Undiagnosed genital bleeding. Untreated endometrial hyperplasia. Previous or current venous thromboembolism (deep venous thrombosis, pulmonary embolism). Known thrombophilic disorders (e.g. protein C, protein S or antithrombin deficiency). Active or recent arterial thromboembolic disease (e.g. angina, myocardial infarction). Acute liver disease, or a history of liver disease, as long as the liver function tests have failed to return to normal. Porphyrria. Known hypersensitivity to the active substances or to any of the excipients. WARNINGS & PRECAUTIONS: For the treatment of postmenopausal symptoms, HRT should only be initiated for symptoms that adversely affect quality of life. In all cases, a careful appraisal of the risks and benefits should be undertaken at least annually and HRT should only be continued as long as the benefit outweighs the risk. If any of the following conditions are present, have occurred previously, and/or have been aggravated during pregnancy or previous hormone treatment, the patient should be closely supervised such as leiomyoma (uterine fibroids) or endometriosis, risk factors for thromboembolic disorders, risk factors for oestrogen dependent tumours, e.g. 1st degree heredity for breast cancer, hypertension, liver disorders (e.g. liver adenoma), diabetes mellitus with or without vascular involvement, cholelithiasis, migraine or (severe) headache, systemic lupus erythematosus, history of endometrial hyperplasia, epilepsy, asthma, otosclerosis Therapy should be discontinued in case a contraindication is discovered and in the following situations such as jaundice or deterioration in liver function, significant increase in blood pressure, new onset of migraine-type headache and pregnancy PREGNANCY & LACTATION FemostonTM is not indicated during pregnancy. If pregnancy occurs during medication with FemostonTM treatment should be withdrawn immediately. The results of most epidemiological studies to date relevant to inadvertent fetal exposure to combinations of oestrogens with progestogens indicate no teratogenic or foetotoxic effect. There are no adequate data from the use of estradiol/dydrogesterone in pregnant women. Lactation: FemostonTM is not indicated during lactation. ADVERSE REACTIONS: The most commonly reported adverse drug reactions of patients treated with estradiol/dydrogesterone in clinical trials are headache, abdominal pain, breast pain/tenderness and back pain. Issued on: Date (12/Feb/2016) Source: Prepared based on full prescribing information (version 2) dated 25-May-2014

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IMPROVES THE MENOPAUSAL SYMPTOMS¹⁻³

 **Femoston[®]** 
estradiol/dydrogesterone

 **Femoston[®]** 
estradiol/dydrogesterone

 **Femoston[®] conti** 
estradiol/dydrogesterone

Femoston[®] mono
17 beta estradiol 1mg / 2mg



For the use of a Registered Medical Practitioner or a Hospital or a Laboratory only.
Image for representation purpose only, not of actual patient

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Reference: 1. Amy JJ. Femoston[®]. Effects on bone and quality-of-life. Eur Menop J 1995;2(4) (Suppl):16-22. 2. Stevenson JC, Durand G, Kahler E, et al. Oral ultra-low dose continuous combined hormone replacement therapy with 0.5 mg 17β-estradiol and 2.5 mg dydrogesterone for the treatment of vasomotor symptoms: Results from a double-blind, controlled study. Maturitas 2010;87:227-232. 3. Cierad D, Conrad C, Jesinger D, et al. Clinical study comparing the effects of sequential hormone replacement therapy with estradiol/dydrogesterone and conjugated equine oestrogen/norgestrel on lipids and symptoms. Arch Gynecol Obstet 2006;274:74-80. Image for representation purpose only, not of actual patient

Abbreviated Prescribing Information Estradiol and Dydrogesterone Tablets Femoston[®] conti 1/5 mg Combipack of Estradiol and Dydrogesterone Tablets Femoston[®] 1/10 mg Combipack of Estradiol and Dydrogesterone Tablets Femoston[®] 2/10 mg LABEL CLAIM: Each film coated tablet contains: Estradiol (as hemihydrate) Ph Eur1 mg Dydrogesterone IP5 mg Femoston[®] 1/10 mg Each of 14 white colour tablet contains: Estradiol (as hemihydrate) Ph Eur1 mg Dydrogesterone IP10 mg Femoston[®] 2/10 mg Each of 14 white colour tablet contains: Estradiol (as hemihydrate) Ph Eur2 mg Dydrogesterone IP10 mg INDICATION: For Continuous combined: Femoston[®] conti 1/5 mg Hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 12 months since last menses. For Continuous sequential: Femoston[®] 1/10 mg Hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 6 months since last menses. For Continuous sequential: Femoston[®] 2/10 mg Hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 6 months since last menses. All formulations: Prevention of osteoporosis in postmenopausal women at high risk of future fractures who are intolerant of, or contraindicated for, other medical products approved for the prevention of osteoporosis. Elderly population: The experience in treating women older than 65 years is limited. DOSAGE AND ADMINISTRATION: For oral use Femoston[®] conti 1/5: Continuous combined. The oestrogen and the progestogen are given every day without interruption. One tablet to be taken daily for a 28 day cycle. Femoston[®] 1/10 and Femoston[®] 2/10: Continuous sequential. The progestogen is dosed continuously. The oestrogen is dosed for the last 14 days of every 28 day cycle, in a sequential manner. 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Known thrombophilic disorders (e.g. protein C, protein S or antithrombin deficiency). Active or recent arterial thromboembolic disease (e.g. angina, myocardial infarction). A history of liver disease, as long as the liver function tests have failed to return to normal. Porphyria. Known hypersensitivity to the active substances or to any of the excipients. WARNINGS & PRECAUTIONS: For the treatment of postmenopausal symptoms, HRT should only be initiated for symptoms that adversely affect quality of life. In all cases, a careful appraisal of the risks and benefits should be undertaken at least annually and HRT should only be continued as long as the benefit outweighs the risk. If any of the following conditions are present, have occurred previously, and/or have been aggravated during pregnancy or previous hormone treatment, the patient should be closely supervised such as leiomyoma (uterine fibroids) or endometriosis, risk factors for thromboembolic disorders, risk factors for oestrogen dependent tumours, e.g. 1st degree hereditary breast cancer, hypertension, liver disorders (e.g. liver adenoma), diabetes mellitus with or without vascular involvement, cholelithiasis, migraine (or severe) headache, systemic lupus erythematosus, history of endometrial hyperplasia, epilepsy, asthma, osteoporosis. Therapy should be discontinued in case a contraindication is discovered and in the following situations such as jaundice or deterioration in liver function, significant increase in blood pressure, new onset of migraine-type headache and pregnancy. PREGNANCY & LACTATION: Femoston[®] is not indicated during pregnancy. 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CIC

Health &
Personal Care

For full prescribing Information please contact:
CIC Holdings PLC
"CIC House", 199, New Road, Colombo 02, Sri Lanka.
Tel: +94 112 359 359 Fax: +94 112 327 132
Web: www.cic.lk