



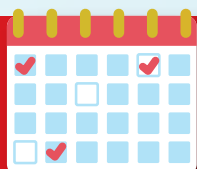
# OFFICIAL NEWSLETTER SLCOG



IF IT'S ORALLY EFFECTIVE IT'S<sup>†</sup>

**duphaston**<sup>®</sup>

Dydrogesterone Tablets IP 10mg



## Indications and Dose:

### Threatened abortion<sup>1</sup>

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

### Habitual abortion<sup>1</sup>

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

### Infertility<sup>1</sup>

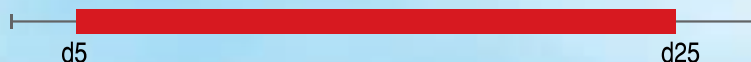
( Due to luteal insufficiency)

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



### Dysmenorrhoea

-10 mg twice a day



### Dysfunctional uterine bleeding<sup>1,2</sup>

To stop bleeding

-10 mg twice a day for 5 to 7 days



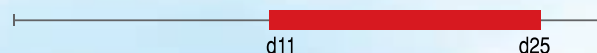
To prevent bleeding

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



### Irregular cycles<sup>1,2</sup>

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



### Premenstrual syndrome<sup>1</sup>

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







ISSUE 3 • SEP 2022

# SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists

## HIGHLIGHTS

01

**SAFE MOTHERHOOD  
PROGRAMME: JAFFNA**

02

**NIGHT UNDER THE STARS:  
FELLOWSHIP DINNER**

03

**DR SIVA CHINNATHAMBY  
ORATION**

04

**LADIES' FORUM - A  
DONATION DRIVE**

05

**YOUNG GYNAECOLOGIST  
DIARY**

## Council 2022

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DR (MRS). MARLENE ABEYWARDANE

### PRESIDENT

PROF. SANATH LANEROLLE

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DR. U.D.P. RATNASIRI

DR. ANANDA RANATUNGA

DR. LAKSHMEN SENANAYAKE

# Editor's Note

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### Contact Details

No.112, Model Farm Road  
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Tel/Fax: 0112689036

E-mail: [slcogoffice@gmail.com](mailto:slcogoffice@gmail.com)

Web: [www.slkog.lk](http://www.slkog.lk)



Following COVID status in the world we have had a successful year in 2022 with the guidance of Prof Sanath Lanerolle, President of SLCOG 2022.

It is difficult to summarize all the events in a newsletter as numerous events took place on a weekly basis. From Confidential Enquiry into Maternal Deaths (CEMD) to social events and ongoing preparations for the grand Silver Jubilee Congress to be held in association with the 55th Annual Scientific Conference of the SLCOG.

From the editor's point of view, I was able to publish two newsletters with enhanced readability with glamour. This will be the third quarterly newsletter for the year 2022. In this newsletter, I will present all the events taking place during the three months period of July, August and September. I thank Abbott CIC Holdings (Pvt) Ltd and Q wave Holdings publications for their commitments as the official sponsor and the official designing and printing partner.

**Dr Wasantha Galappaththy**  
**CONSULTANT OBSTETRICIAN &**  
**GYNAECOLOGIST**

Share your interesting experiences with the SLCOG family through the SLCOG Newsletter



# PRESIDENT'S MESSAGE



Whilst much of the lobbying we do as a college alongside the Ministry of Health and Family Health Bureau has resulted in many significant improvements in maternity care. As a result pilot project of Confidential Enquiry into Maternal Deaths (CEMD) moved softly closing its targets. However, we continue to consider what more we can do as an organization.

The college needs more support from members to achieve the final target of nationalizing CEMD. I want to thank Prof Pradeep De Silva and Dr Mangala Dissanayake for their tremendous effort to produce seven guidelines this year. It was a very successful story producing a large number of guidelines. As you know, guidelines are an integral part of clinical management.

We have been planning the Silver Jubilee SAFOG Congress In association with the 55th Annual Scientific Conference of the SLCOG under the theme "Enhancing Women's health with Regional and Global Partnership" tirelessly during the last few months. I would like to thank Prof Rukshan Fernandopulle, Prof Rasika Herath, Dr Mangala Dissanayake, Dr U D P Ratnasiri, Dr Lakshmen Senanayake, Prof Hemantha Dodampahala, Prof Pradeep De Silva and Dr Sharada Jayalath, for their tremendous work. You will see the product of their work on 30th September 2022. In these three months, we had the prestigious Dr Siva Sinnathamby oration and the Safe Motherhood programme in Jaffna. I want to thank Dr Sritharan for coordinating this safe motherhood programme. I also would like to convey my deepest sympathies on the demise of Dr K D S Ranasinghe who was an outstanding fellow of the college. We have published SLJOG Volume 44 Issue No.1 and No.2. SLCOG council has appreciated the lifetime work done by Dr Rohana Haththotuwa for the betterment of the college by giving an oration named Dr Rohana Haththotuwa oration and the Inaugural oration will be held on 30th September 2022. I want to thank Prof Pradeep De Silva and Prof Hemantha Dodampahala for their effort to make this a success.

I'm pretty delighted that I have come to the end of my term as the president in three months. But I am highly satisfied with the academic and social work done by the council. The college has been involved in many social activities to make the membership feel happy and to keep the work stress out of their mind. My sincere thanks goes to Prof Nishendra Karunarathne for organizing these events. I warmly invite all of you to attend the 55th Annual Scientific Conference, this time held in association with the Silver Jubilee SAFOG congress, to make it a success.

**PROF SANATH LANEROLLE**  
**PRESIDENT**

**SRI LANKA COLLEGE OF OBSTETRICIANS AND GYNAECOLOGISTS**



# SECRETARY'S MESSAGE

It is my great pleasure to issue a message to the last newsletter of SLCOG in 2022 under the presidency of Prof. Sanath Lanerolle. SLCOG achieved most of its goals this year, one of which was the establishment of confidential enquiries into maternal deaths.

SLCOG is dedicated to uplifting the academic activities of the members, and we have successfully completed the annual academic sessions and Safe motherhood programmes in Nuwaraeliya and Jaffna. In addition, SLCOG successfully held all the scheduled guest lectures and orations for the year 2022.

I would like to thank Prof. Pradeep De Silva and Dr. Mangala Dissanayaka for their dedication to developing SLCOG guidelines and Prof Nishendra Karunarathna for organizing many social activities this year. I would like to thank Dr. Sumith Warnasuriya and SLCOG Cricket team for adding glamour to the college.

My special thanks goes to the SLCOG president Prof. Sanath Lanerolle for his dedication to elevating the standard of SLCOG in both academic and social activities during this year. I hope the next president and council will continue the great work started by him.

**DR CHAMINDA MATHOTA**

**HONOURARY SECRETARY  
SRI LANKA COLLEGE OF OBSTETRICIANS AND GYNAECOLOGISTS**



# DESHAMANYA DR. SIVA CHINNATHAMBY MEMORIAL ORATION 2022



This annual oration marks the contribution made by Deshamanya Dr Siva Chinnathamby to reproductive health in Sri Lanka. The oration was held at the hotel "The Valampuri" in Jaffna on the topic "History of Hysterectomy; Experience of use of an older technique"

by  
Prof Pradeep De Silva MBBS, MS (O&G), FRCOG (UK),  
FSLCOG

Clinical Professor of Obstetrics and Gynaecology,  
Senior Consultant Obstetrician & Gynaecologist,  
Colombo North Teaching University Hospital

The session was chaired by Dr (Mrs) Marlene Abeyewardena, Patron of SLCOG, Prof. Sanath Lanerolle, President of SLCOG, Dr. Chaminda Mathota, Hony. Secretary of SLCOG and Prof. Rasika Herath, Chairman-Scientific activities & research of SLCOG



Prof Pradeep De Silva  
Orator



# In Kindness We Strive





# DESHAMANYA DR.SIVA CHINNATHAMBY MEMORIAL ORATION 2022







# UPCOMING EVENTS

No.	Pre-Congress Workshop	Venue	Date & Time	Participants
01	Optimizing safety in Labour	SLCOG Auditorium	27 <sup>th</sup> September 8.00 am – 3.30 pm	Doctors Nursing Officers
02	Tips of laparoscopic suturing	Surgical Training Laboratory, National Hospital, Sri Lanka	27 <sup>th</sup> September 8.30 am – 1.00 pm	Consultants Doctors (Only 24 Participants)
03	Novel Avenues of Advanced Gyn Laparoscopy - Live Workshop	SLCOG Auditorium/ Castle Street Hospital for Women	28 <sup>th</sup> September 8.00 am – 2.30 pm	Consultants Doctors
04	Respectful Maternity Care	SLCOG Ground Floor Auditorium	28 <sup>th</sup> September 8.00 am – 12.00 pm	Medical Undergraduates/ Postgraduates Intern Medical Officers/ Medical Officers Nursing Officers Midwifery Officers
05	Elimination of cervical cancer: Joining the WHO initiative "Together we can"	SLCOG Ground Floor Auditorium	29 <sup>th</sup> September 8.00 am – 1.00 pm	Consultants Doctors Nursing Officers Midwifery Officers
06	Redefining Postpartum Haemorrhage Management in South Asian Countries	New Town Hall Auditorium, Green Park	29 <sup>th</sup> September 8.00 am – 12.00 pm	Nursing Officers Midwifery Officers
07	USS on Fetal Medicine	SLCOG auditorium	29 <sup>th</sup> September 8.00 am – 1.30 pm	Consultants Doctors
08	Vaginal Surgery; What's new? Handling difficult situations	Durdans Hospital Auditorium	29 <sup>th</sup> September 8.00 am – 2.00 pm	Consultants Postgraduates Medical Officers Nursing Officers
09	Training of Master Trainers on PPH Em Response using Bundle approach	SLCOG Skills Laboratory	29 <sup>th</sup> September 8.30 am – 4.30 pm	Doctors (Only 20 Participants)

**Registrations can be done by visiting SLCOG House or phoning to  
+94 11 26 89 036 / +94 77 96 78 787**

**(Full details of each workshop along with preliminary programmes will be  
sooner available at the official congress web portal under the  
scientific programme)**

**For any queries please contact us at  
Tel: +94 11 26 89 036 / +94 77 96 78 787  
E-mail : [slcogoffice@gmail.com](mailto:slcogoffice@gmail.com)**







# UPCOMING EVENTS





SHANGRI-LA HOTEL  
COLOMBO

30<sup>th</sup> September  
-  
2<sup>nd</sup> October  
2022



**SILVER JUBILEE SAFOG CONGRESS  
IN ASSOCIATION WITH  
55<sup>TH</sup> ANNUAL SCIENTIFIC CONFERENCE  
OF THE  
SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS**



**"ENHANCING  
WOMEN'S HEALTH  
WITH REGIONAL  
& GLOBAL PARTNERSHIP"**



**ORATIONS**



**D. A. RANASINGHE ORATION**

30<sup>th</sup> SEPTEMBER 2022  
09:00 - 09:45 (+5:30 GMT)

**DR U D P RATNASIRI**  
(CONSULTANT OBSTETRICIAN AND GYNAECOLOGIST, SRI LANKA)  
**"FROM RADICAL TO CONSERVATIVE; A DECADE OF EVOLUTION OF  
SURGICAL MANAGEMENT OF PLACENTA ACCRETA"**



**PROF RASHID LATIF KHAN ORATION**

1<sup>st</sup> OCTOBER 2022  
10:15 - 10:45 (+5:30 GMT)

**PROF FERDOUSI BEGAM**  
(PRESIDENT - BSOG, PAST PRESIDENT - SAFOG)



**SAFOG ORATION**

1<sup>st</sup> OCTOBER 2022  
16:15 - 17:45 (+5:30 GMT)

**PROF FARRUKH ZAMAN**  
(ADVISOR - SAFOG)  
**"WOMEN'S HEALTH - ARE WE DOING ENOUGH IN SOUTH ASIA?"**



**DR ROHANA HATHTHOTUWA INAUGURAL ORATION**

30<sup>th</sup> SEPTEMBER 2022  
20:35 - 21:10 (+5:30 GMT)

**PROF SIR SABARATNAM ARULKUMARAN**  
(PAST PRESIDENT OF THE RCOG, FIGO & BMA)  
**"LEADERSHIP OF PROFESSIONAL ORGANISATIONS"**



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# UPCOMING EVENTS



SHANGRI-LA HOTEL  
COLOMBO

30<sup>th</sup> September

2<sup>nd</sup> October  
2022



SILVER JUBILEE SAFOG CONGRESS  
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SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS



**"ENHANCING  
WOMEN'S HEALTH  
WITH REGIONAL  
& GLOBAL PARTNERSHIP"**



**PLENARY 1 - PROF. PRADEEP DE SILVA**  
(IMMEDIATE PAST PRESIDENT SLCOG)  
**"CELLULAR METABOLISM OF GLUCOSE"**  
30<sup>TH</sup> SEPTEMBER 2022 - 10:15 - 10:45 (+5:30 GMT)



**PLENARY 2 - DR. EDWARD MORRIS**  
(PRESIDENT RCOG)  
**"MENOPAUSE, BREAST CANCER AND HRT"**  
30<sup>TH</sup> SEPTEMBER 2022 - 15:00 - 17:00 (+5:30 GMT)



**PLENARY 3 - PROF. KAZUNORI OCHIAI**  
(IMMEDIATE PAST PRESIDENT AFOG)  
**"WHAT HAVE WE LEARNED FROM THE COVID-19 PANDEMIC  
AND WHAT SHOULD WE DO NEXT?"**  
1<sup>ST</sup> OCTOBER 2022 - 09:00 - 09:30 (+5:30 GMT)



**PLENARY 4 - DR. ROHANA HATHTHOTUWA**  
(PRESIDENT SAFOG)  
**"CESAREAN SECTION RATES IN SOUTH ASIA- A TRAGEDY; WHAT CAN SAFOG DO?"**  
1<sup>ST</sup> OCTOBER 2022 - 09:30 - 10:00 (+5:30 GMT)



**PLENARY 5 - DR. JEANNE CONRY**  
(PRESIDENT FIGO)  
**"STRENGTHENING RESOLVE: "LEADING A GLOBAL IMPACT ON REPRODUCTIVE FREEDOM"**  
2<sup>ND</sup> OCTOBER 2022 - 09:00 - 09:30 (+5:30 GMT)



**PLENARY 6 - PROF. SIR SABARATNAM ARULKUMARAN**  
(PAST PRESIDENT OF THE RCOG, FIGO & BMA)  
**"WOMEN'S RIGHTS TO SAFE AND AFFORDABLE HEALTH CARE"**  
2<sup>ND</sup> OCTOBER 2022 - 09:30 - 10:00 (+5:30 GMT)



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# SILVER JUBILEE SAFOG CONGRESS

IN ASSOCIATION WITH

## 55<sup>TH</sup> ANNUAL SCIENTIFIC CONFERENCE

OF THE

SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS

"ENHANCING WOMEN'S HEALTH WITH REGIONAL & GLOBAL PARTNERSHIP"



30<sup>TH</sup> SEPTEMBER TO 2<sup>ND</sup> OCTOBER 2022 AT

SHANGRI-LA HOTEL  
COLOMBO

LOTUS BALLROOM



1. Dr Maduri Patel (India)
2. Dr Jyoti Bunglowala (India)
3. Prof. Shantha Kumari (India);
4. Dr S P Jaiswar (India)
5. Dr T. Ramani Devi (India)
6. Dr Priya Ganesh Kumar (India)
7. Prof. Sonia Naqvi (Pakistan)
8. Prof. Kohinoor Begum (Bangladesh)
9. Prof. Dr Sohana Siddique (Bangladesh)
10. Prof. Rashida Begum (Bangladesh)
11. Prof. Mariam Faruqi (Bangladesh)
12. Prof. Sehereen Farhad Siddiqua (Bangladesh)
13. Dr. Ayesha Malik (Pakistan)
14. Prof. Dr. Mahbuba Akter Banu (Pakistan)
15. Dr. Archana Baser (India)
16. Dr. Edward Morris (United Kingdom)
17. Dr Suchitra Pandit (India)
18. Dr Parul Koldawala (India)
19. Dr Jaideep Malhotra (India)
20. Dr. Sheuli Kamrunnahar (Bangladesh)
21. Dr. Hiralal Konar (India)
22. Dr Narendra Malhotra (India)
23. Prof. Muhundhan (Sri Lanka)
24. Dr Farhana Dewan (Bangladesh)
25. Prof Sir Sabaratnam Arulkumaran (United Kingdom)
26. Dr. Sadia Ahsan Pal (Pakistan)
27. Dr. Yousaf Latif (Pakistan)
28. Prof. Dr. Tazeen Abbas (Pakistan)
29. Prof. Syeba Akhter (Bangladesh)
30. Prof. Fatema Rahman (Bangladesh)
31. Dr Jayadeep Tank (India)
32. Prof Sudha Prasad (India)
33. Dr. Mala Banik (Bangladesh)
34. Professor Shaikh Zinnat Ara Nasreen (Bangladesh)
35. Dr. Marjia Begum (Bangladesh)
36. Dr. Dilruba Ferdous (Bangladesh)
37. Dr. Kuiren Joseph (India)
38. Dr. Rekha Kurien (India)
39. Dr. Shyam Desai (India)
40. Prof Sameena Chowdry (Bangladesh)
41. Dr. Aseel Jaleel (Maldives)
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43. Prof. S H Dodampahala (Sri Lanka)
44. Prof. Chaminda Kandauda (Sri Lanka)
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46. Prof Lanka Dasanayaka (Sri Lanka)
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49. Dr. Chanil Ekanayaka (Sri Lanka)
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54. Dr. Prabhath Jayanga Randombage (Sri Lanka)
55. Dr. Apputhurai Sridharan (Sri Lanka)
56. Prof. Shahanaara Chowdhury (Bangladesh)
57. Dr. Champika Gihan (Sri Lanka)



## HIGHLIGHTS



### KEYNOTE

"Enhancing Partnerships for Universal Health Coverage, Primary Health Care and the SDGs in South Asia"

### ORATIONS

#### D A RANASINGHE ORATION

"From radical to conservative; a decade of evolution of surgical management of placenta accreta"

#### PROF RASHID LATIF KHAN ORATION

#### DR ROHANA HATHHOTUWA INAUGURAL ORATION

"Leadership of Professional organisations"

#### SAFOG Oration

"Women's Health - Are We Doing Enough in South Asia"

### PLENARY LECTURES

- Cellular Metabolism of Glucose
- What have we learned from the COVID-19 pandemic and what should we do next?
- Cesarean Section rates in South Asia- A tragedy; What can SAFOG do?
- Strengthening resolve: "Leading a Global Impact on Reproductive Freedom"
- Women's rights to safe and affordable health care

### DR P DISSANAYAKE ENDOWMENT LECTURE

"Iron Deficiency anaemia and preparation for pregnancy. Can we do better?"

### SIR SABARATHNAM ARULKUMARAN YOUNG GYNAECOLOGIST AWARD SESSION

### SAFOG - YOUNG GYNAECOLOGIST AWARD SESSION

### SYMPOSIA AND SESSIONS

- Obs and Gynae Society of Malaysia - ICOG
- FOGSI session
- UNICEF session - "Think nutrition first"
- SAFOG Maternal and Perinatal health committee session- "Saving mothers and babies - Learning from large multicentre studies"
- UNPFA session - Intimate Partner Violence in Pregnancy Time to change the Lenses
- MANYATA - Panel Discussion
- OGSB session
- AFOG session - "Evidence based SRH care"
- FIGO session
- Gestosis society
- WHO session
- SOGP Session - "Strategies to reduce MMR in the region"
- RANZOG Session

## Guest Lecturers

### Congress Secretariat

SLCOG House  
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LKR 30 000  
LKR 12 000







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## AOFOG (The Asia & Oceania Federation of Obstetrics & Gynaecology) Session - "Evidence based SRH care"

Prof. Unnop Jaisamram (Thailand)  
Prof. Krishnendu Gupta (India)  
Assist. Prof. Susan Logan (Singapore)



## FIGO (International Federation of Gynecology and Obstetrics) Session -

Dr. Jeanne Conry (President)  
Prof. Shantha Kumari (Honorary Treasurer)  
Prof. Rubina Sohail (Pakistan)  
Dr. Jaideep Malhotra (India)  
Dr. Hema Divakar (India)



## FIGO + SAFOG Session - "Women's Health in Crisis Situations"

Prof. Rubina Sohail (Pakistan)  
Prof. Samina Chowdhry (Bangladesh)  
Prof. Sanath Lanerolle (President SLCOG)



## FOGSI Session (The Federation of Obstetric and Gynecological Societies of India)

Dr. Madhuri Patel (Secretary General)  
Dr. Kawita Bapat (Vice President)  
Dr. Bipin Pandit (Vice President)



## MANYATA - A FOGSI initiative - Panel Discussion -

Dr. Shanta Kumari (President FOGSI)  
Dr. H.D. Pai (Chief administrator)  
Dr. Jaideep Malhotra (Manyata Champion)  
Dr. Samita Bharadwaj (National Program Manager)  
Dr. Suranjan Prasad (India)  
Dr. Rubina Sohail (Pakistan)  
Dr. Ferdosi Begum (Bangladesh)  
Dr. Asma Rana (India)  
Dr. Narendra Malhotra (Manyata Champion)  
Ms. Pompy Sridhar (India)



## Gestosis Society Session -

Dr. Girija Wagh (Vice President of the Indian Chapter)  
Dr. Sanjay Gupte (Secretary)  
Dr. Alpesh Gandhi (Past president FOGSI)



## OGSB (The Obstetrical and Gynaecological Society of Bangladesh) Session -

Prof. Ferdousi Begum (President)  
Prof. Gulshan Ara (Secretary General)  
Prof. Parveen Fatima (Chairman - CARE Medical College)  
Prof. Farahana Dewan (President Elect)  
Prof. Rowshan Ara Begum (Past President)



## HIGHLIGHTS



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Time to change the Lenses
- MANYATA - Panel Discussion
- OGSB session
- AOFOG session - "Evidence based SRH care"
- FIGO session
- Gestosis society
- WHO session
- SOGP Session - "Strategies to reduce MMR in the region"
- RANZOG Session

## Guest Lecturers

### Congress Secretariat

SLCOG House  
No. 112, Model Farm Road,  
Colombo 08, Sri Lanka  
+94-113091745 / +94-779678787  
<https://congress.slco.org.lk>  
[www.facebook.com/slcoofficial](https://www.facebook.com/slcoofficial)  
[slcogsessions2022@gmail.com](mailto:slcogsessions2022@gmail.com)



Registration  
Consultants  
PG Trainees  
Day Registration LKR 10 000

LKR 30 000  
LKR 12 000







# SILVER JUBILEE SAFOG CONGRESS

IN ASSOCIATION WITH

## 55<sup>TH</sup> ANNUAL SCIENTIFIC CONFERENCE

OF THE

### SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS

"ENHANCING WOMEN'S HEALTH WITH REGIONAL & GLOBAL PARTNERSHIP"



30<sup>TH</sup> SEPTEMBER TO 2<sup>ND</sup> OCTOBER 2022 AT

SHANGRI-LA HOTEL  
COLOMBO

LOTUS BALLROOM



#### OGSM (Obstetrical And Gynaecological Society Of Malaysia) Session -

Dr Thaneemalai Jegannathan (Malaysia)  
Dr Yong Soon Leong (Malaysia)  
Dr Zandah Bt Shaffie (Malaysia)



#### Menopause Society of Sri Lanka - Session -

Prof Zinnat Nasreen (Bangladesh)  
Dr. Harsha Atapattu (Sri Lanka)  
Dr. Diluk Senadeera (Sri Lanka)



#### Perinatal Society of Sri Lanka - Session -

Dr Himali Herath (Council Member)  
Dr Nimesha Gamhewage (Assistant Secretary)  
Dr Surantha Perera (Managing Editor)



#### RANZCOG (Royal Australian and New Zealand College of Obstetricians and Gynaecologists) Session -

Prof. Benjamin Bopp (President)  
Dr. Christoph Lehner (Australia)  
Dr. Hasthika Ellepola (Australia)



#### SAFOG Maternal & Perinatal Health committee Session -

*"Saving Mothers and Babies - Learning from large multicenter studies"*  
Prof Rashid L Khan (Pakistan)  
Prof T A Chowdhury (Bangladesh)



#### SOGP (The Society of Obstetricians & Gynecologists of Pakistan) Session -

*"Strategies to reduce MMR in the region"*  
Prof. General Shehla Baqai (Pakistan)  
Prof. Shabeen Naz (Pakistan)  
Prof. Arshid chohan (Pakistan)  
Prof. Rubina Sohail (Pakistan)



#### UNFPA (United Nations Population Fund) Session -

*"Intimate Partner Violence in Pregnancy"*  
Prof Lakshmen Senanayake (Sri Lanka)  
Dr. Sarada Hemapriya (Sri Lanka)  
Dr. Shantha Kumari (President FOGSI)  
Prof. Unnop Jaisamram (Thailand)  
Dr. Nettanjali Mapitigama (Sri Lanka)



## HIGHLIGHTS



### KEYNOTE

"Enhancing Partnerships for Universal Health Coverage, Primary Health Care and the SDGs in South Asia"

### ORATIONS

#### D A RANASINGHE ORATION

"From radical to conservative: a decade of evolution of surgical management of placenta accreta"

#### PROF RASHID LATIF KHAN ORATION

#### DR ROHANA HATHHOTUWA INAUGURAL ORATION

"Leadership of Professional organisations"

#### SAFOG Oration

"Women's Health - Are We Doing Enough in South Asia"

### PLENARY LECTURES

- Cellular Metabolism of Glucose
- What have we learned from the COVID-19 pandemic and what should we do next?
- Cesarean Section rates In South Asia- A tragedy; What can SAFOG do?
- Strengthening resolve: "Leading a Global Impact on Reproductive Freedom"
- Women's rights to safe and affordable health care

### DR P DISSANAYAKE ENDOWMENT LECTURE

"Iron Deficiency anaemia and preparation for pregnancy. Can we do better?"



#### SIR SABARATHNAM ARULKUMARAN YOUNG GYNAECOLOGIST AWARD SESSION

#### SAFOG - YOUNG GYNAECOLOGIST AWARD SESSION

### SYMPOSIA AND SESSIONS

- Obs and Gynae Society of Malaysia - ICOG
- FOGSI session
- UNICEF session - "Think nutrition first"
- SAFOG Maternal and Perinatal health committee session-  
"Saving mothers and babies - Learning from large multicentre studies"
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#### UNICEF (United Nations Children's Fund) Session I - "Think Nutrition First"

Prof. Rowshan Ara Begum (Past President)  
Dr Hema Divakar (India)  
Dr Farhana Deewan (Bangladesh)  
Dr Abner Daniel (Chief of Health and Nutrition, UNICEF Sri Lanka)

#### UNICEF (United Nations Children's Fund) Session II -

##### "Can improvements in maternal nutrition lead to reductions in LBW in Sri Lanka?"

Dr Sanjeeva S.P. Godakandage (NPM Maternal Care, FHB, Sri Lanka)  
Dr Abner Daniel (Chief of Health and Nutrition, UNICEF Sri Lanka)  
Prof Tiran D Dias (Sri Lanka)



#### WHO - World Health Organization Session 1 -

##### "Countdown to 2030: tracking progress towards reaching SDG targets in maternal mortality reduction"

Dr Anoma Jayathilaka (Sri Lanka)  
Dr. Harendra Dasanayaka (FHB, MOH, Sri Lanka)  
Dr. Harsha Atapattu (Sri Lanka)

#### WHO (World Health Organization) Session 2 -

##### "Accelerating the elimination of cervical cancer as a public health problem: Towards achieving 90-70-90 targets by 2030"

Dr Anoma Jayathilaka (Sri Lanka)  
Dr. Neerja Bhatia (India)  
Dr. Cherian Varghese (India)



#### KEYNOTE

## HIGHLIGHTS

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# YOUNG GYNAECOLOGIST'S DIARY

## DR CHINTHAKA BANAGALA

### AT CROSS ROADS - PERIPHERY TO THE CENTRE

**D**uring my time as an Obstetrician and a Gynaecologist in the periphery of Sri Lanka, I often found myself in thought. "What was I supposed to do for the rest of my life?" Working as a VOG in an outstation is challenging and exciting. But two main things were always in a contest: Career development and family life. During my placements in Balangoda and Welimada, everyone I met was very friendly, and it was like a family taking care of each other. We managed difficult cases with limited resources and every hectic day was extremely rewarding. We had good support from nearby centers like Ratnapura, Badulla, and Nuwaraeliya when we were in trouble and needed multidisciplinary care. My main role was maternal safety in my city, as I was the sole care provider.

However, learning new things, career development and teaching could never be forgotten and rebounded on me. My son and daughter were still at an age where they needed my attention and companionship. My wife had to work all five days of the week as she sprinted without my support.

During this turbulence, I had an interview for a Senior Lecturer post at KDU and got selected. The decision to bear up with this new challenge took work. I was in my comfort zone with work, prestige, and money.

Whether you like it or not, money will flow to you in the periphery without any competition. I knew all of these aspects

will get affected, at least temporarily, if I decide to start my career in a more academic environment in the city.

My inner motivation of chasing my dream role as a teacher was the driving force that pushed me to wear new boots.

Adaptation was never easy, especially when changing from a single-man station to multi consultant unit. The level of acceptance for different opinions and getting on with different characters' personalities should be taken to a new level if needed to maintain peace. Research pressure has not bothered me as a clinician until now. However, being an academic, I know my future will depend on this afterward.

Despite all the new excitement, I felt a vacuum in my heart, and it didn't take long for me to realize that I was missing my previous role as a very important consultant in a peripheral hospital.

Suddenly - from being a 'big fish in a small pond,' I was 'small fish in a big pond. Everything seemed to be expanding, and I was moving with well-known characters shoulder to shoulder. Although I was no longer the center of attention, I soon realized that there was plenty of food in this new pond, and a small fish like me could thrive and grow.



Now trying hard to fill my vacuum with food in the new pond - "Responsibilities as a medical educator and expanding the scope of work with more facilities and multidisciplinary team input".

*Dr Chinthaka Banagala*

Consultant Obstetrician & Gynaecologist  
Senior Lecturer in O & G  
Kotelawala Defence University



# DR NALIN RODRIGO MEMORIAL ORATION 2022

.....

This annual oration marks the contribution made by Deshamanya Dr. Nalin Rodrigo to reproductive health in Sri Lanka.

"Towards a scalable and sustainable solution for the rising trend of caesarean section rates in Sri Lanka"

by Dr D.M.C.S Jayasundara

MBBS (Kelaniya), MD (Obstetrics and Gynaecology)

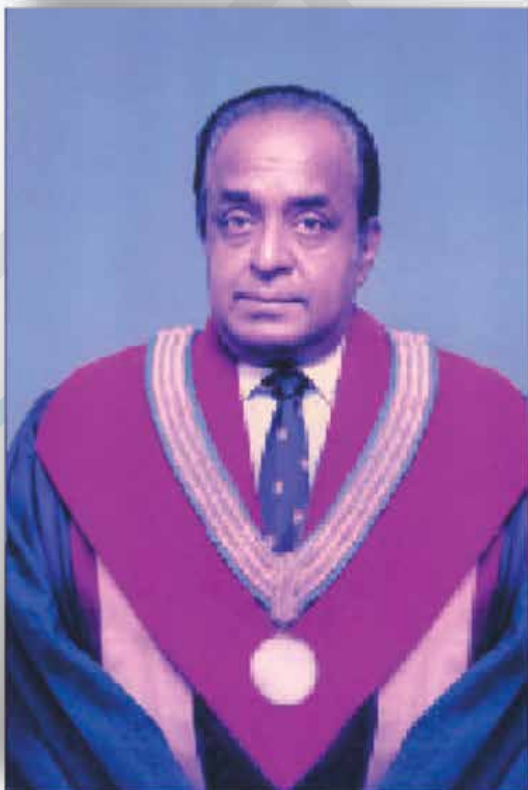
MRCOG (United Kingdom)

Senior lecturer in Obstetrics and Gynaecology, University of Colombo

Honorary Consultant Obstetrician and Gynaecologist

De Soysa Hospital for Women, Colombo

This will be held on Sunday on the 20th of November 2022



**Dr. Nalin Rodrigo**

1981 – 1983



**Orator**

**DR CHANDANA SIRIMEWAN  
JAYASUNDARA**

MBBS (KELANIYA)  
MD (OBSTETRICS AND GYNAECOLOGY)  
MRCOG (UNITED KINGDOM)  
SENIOR LECTURER IN OBSTETRICS  
AND GYNAECOLOGY  
UNIVERSITY OF COLOMBO  
HONORARY CONSULTANT  
OBSTETRICIAN AND GYNAECOLOGIST  
DE SOYSA HOSPITAL FOR WOMEN  
COLOMBO



**SUNDAY  
20th November 2022**



# In Loving Memory Of



## DR. KUMARA DHARMASIRI SILVA RANASINGHE

Dr. Kumara Dharmasiri Silva Ranasinghe (K.D.S) passed away on the 5th of September 2022, and SLCOG lost one of its loyal and devout Fellows, who was a member since 1982. He was extremely duty-bound towards the SLCOG and attended every meeting, discussion, or other academic exercises that he was invited to, and he did so, with commitment and passion. In recognition of his contribution to the College, and to the profession he practiced, he was awarded the Fellowship of the SLCOG in 1994. Dr. Ranasinghe had his secondary education at the Sri Sumangala College Panadura, where in addition to being a brilliant student, he led the school Team in the Do You Know Contest, to win the national championship. He was one of the earliest alumni of the Medical Faculty, Peradeniya, and was proud of the fact. His adventures at the well-known resident hall for university students: the Wijayawardana Hall, were well known and his role in one of those, earned him the name "Rajathuma" to which his long-standing friends still lovingly adhere.

Thanks to the constraints and hindrances that existed in the Ministry of Health at that time, it was after many years of working in different health institutions as a medical officer, that he could embark on acquiring Membership of the Royal College of Obstetricians and Gynecologists U.K, which he obtained in his first attempt. He was one of the last obstetricians to join the

Ministry of Health with U.K. qualifications, which was the standard practice prior to the establishment of the Post Graduate Institute of Medicine. Dr. Ranasinghe was a stickler for rules, a trait shared by many in that generation. There were plentiful individuals who were at the receiving end of his wrath: Health administrators who flouted the rules, juniors who did not comply with his instructions, Quacks who performed abortions, and even visitors who left their vehicles in his parking space. Similarly, he took patient care very seriously, attended to every patient without discrimination in any way, and never missed a day at work in spite of his bothersome health issues. He was a good and long-standing friend to me and to many others, a good doctor for many more and saviour of their lives for others.

We all will miss him.

Compiled By:



**Dr. Lakshmen Senanayake**  
Past President SLCOG

# SLCOG SPORTS - Compiled by Dr. Sumith Warnasuriya



## SLCOG Cricket Season 2022 Summery (up to 30.09.2022)

It is highly satisfying to note that the SLCOG Cricket team has achieved its highest victory percentage ever, during the current 2022 cricket season, up to the time of going to press. Except for the first match which was lost by a whisker, the team has remained unbeaten.

***Played 6, Won 4, Lost 1, No Decision 1***

### **SLCOG vs Zydus @ Narahenpita**

**SLCOG lost by 8 runs**

### **SLCOG vs George Stuarts @ Narahenpita**

**SLCOG won by 7 wickets** (with 84 balls to spare)

### **SLCOG vs Abbotts @ Maththegoda**

**SLCOG won by 175 runs**

### **SLCOG vs Seven Seas @ Maththegoda**

**SLCOG won by 137 runs**

### **SLCOG vs Professional Cricket Umpires @ Railway Grounds**

**Rain stop play - No Decision**

### **SLCOG vs Colombo South Teaching Hospital @ Maththegoda**

**SLOG Won by 31 runs**





# Player Awards for SLCOG

## SLCOG vs Zydus

Best Batsman : Savi Fernando

## SLCOG vs George Stuarts

Best Bowler : Isuru Ayesh

Best Fielder : Duleeka Dissanayake

Man of the Match : Kalinga Tharindu

## SLCOG vs Abbotts

Best Batsman : Peshala Dangalle

Best Bowler : Kalinga Tharindu

Man of the Match : Kalinga Tharindu

## SLCOG vs Seven Seas

Best Batsman : Ajantha Fernando

Best Bowler : Sumith Warnasuriya

Man of the Match : Duleeka Dissanayake



It is earnestly hoped that the team would get the existing unstinted support from all the well wishers to continue its journey!



# EMPOWERING CLINICAL EXCELLENCE

## MASTERCLASS

## WEBINAR SERIES

---

Paradoxes  
in Prenatal  
Diagnosis and  
Evidence Based  
Approach



**Prof. Hemantha  
Dodampahala**

MBBS, MD, FRCOG, FRCSE, FSLCOG  
President Elect - SLCOG  
Chairman - National Research Council  
Professor of Obstetrics and Gynaecology

 Sunday  
26th June 2022

 Virtually  
ON ZOOM


 06 PM


Hysteroscopy:  
An indispensable  
tool in treating  
intrauterine  
pathologies



**Prof. Nishendra  
Karunarathne**

MBBS, MS, MRCOG  
Clinical Professor of Obstetrics and Gynaecology  
Consultant Obstetrician and Gynaecologist

 Sunday  
3rd April 2022

 SLCOG  
BOARD ROOM  
HYBRID ON ZOOM

 07 PM



# AN EVENING SPENT AMONG THE STARS

## SECOND FELLOWSHIP DINNER 2022

CHAIRMAN - SOCIAL ACTIVITIES: PROF. NISHENDRA KARUNARATNE

**T**

he second fellowship Dinner of the Sri Lanka College of Obstetricians & Gynaecologists was held at Eight Degrees on the lake, Cinnamon Lakeside hotel on 22nd June 2022.

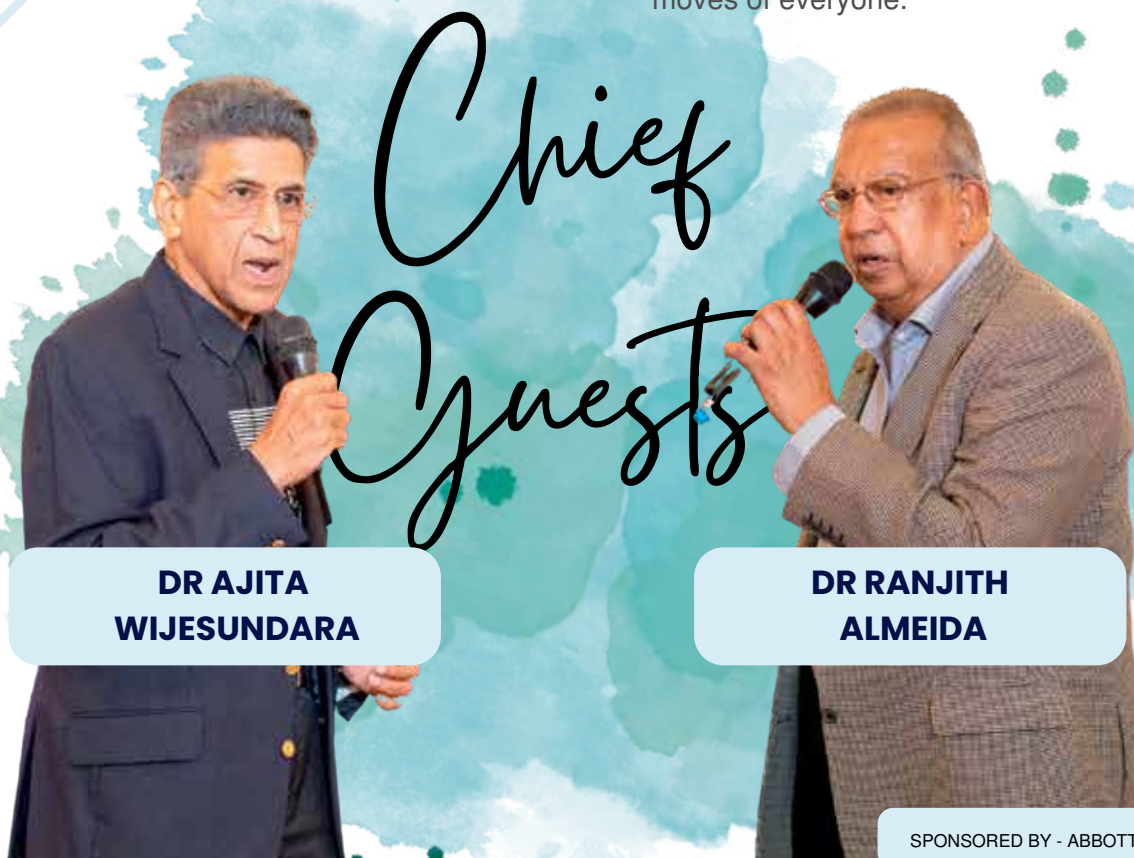
The event was opened to the members of the SLCOG and approximately 70 members attended. The reception started with the arrival of Chief Guest, Patron-SLCOG, Dr(Mrs) Marlene Abeyewardana and Guests of Honour; Dr. Ranjith Almeida and Dr. Ajita Wijesundara. Prof. Sanath Lanerolle, the President of SLCOG welcomed the gathering as the ship juts out into the lake.

Prof. Nishendra Karunaratne introduced the Chief guest and the Guests of Honor.



Amidst the lake breeze and the breathtaking view Dr. Ranjith Almeida and Dr. Ajita Wijesundara shared some interesting stories with the gathering.

Later Dr. Dharshana Abeygunawardana thanked everyone for their valuable participation in that remarkable evening and the event was concluded with nice dance moves of everyone.



**DR AJITA  
WIJESUNDARA**

**DR RANJITH  
ALMEIDA**



# "Among The"





# THE STARS"





# SAFE MOTHERHOOD PROGRAMME 2 JAFFNA

*BY CHAIRMAN - ACADEMIC ACTIVITIES AND RESEARCH  
PROF RASIKA HERATH*

The third Safe Motherhood Programme for the year 2022 was successfully held at the Teaching hospital, Jaffna on the 1st and 2nd, of July 2022. Capacity building of health professionals doctors, institutional nurses and field staff was done. The programme was designed and launched under the leadership of Prof Sanath Lanerolle, President of SLCOG with the tremendous support of Prof Rasika Herath, Chairman-Scientific Activities & Research and Prof T Kadotgajan. Dr. A Sritharan coordinated the activity on behalf of the SLCOG.



On the first day evening, a hands-on session was conducted by Prof S H Dodampahala followed by a fellowship dinner buffet. The following day after the inaugural session three parallel sessions for field staff, doctors and nurses were conducted by well-experienced senior members of the college.

The programme was composed of a session on the second day morning to provide space for discussing challenges and problems faced by the health administrators of the area. Dr Asela Gunawardena, DGHS and Dr Chithramalee De Silva Director - Family Health Bureau were among the participants.

At the end of two consecutive days, it was a very productive event pertaining to maternity care. All the members of the college who participated in the event as well as who extended support in numerous ways must be appreciated for the excellent work done.



**Prof T Kadotgajan**



**Dr A Sritharan**





# HONOUR ROLL

## *Featuring Dr Sharada Jayalath*

**Innovation is taking two things that exist and putting them together in a new way. As we go through in life, we come across a select group of individuals who exercise creativity, execute competence and exude compassion. One such individual was Dr Sharada Jayalath who used limited resources to transform a place into one that is committed to deliver optimum healthcare and service to the patients.**

*The Fairy Tale  
of Walasmulla*



Dr Sharada Jayalath lead efforts that would transform the maternal healthcare in Walasmulla Base Hospital for the decades to come. He was posted there as the fifth consultant obstetrician and gynaecologist. Before his arrival, the services offered were limited to antenatal care only although Walasmulla hospital had been established as the second hospital in Hambantota district nearly a century ago. It was a type B Base Hospital that covered a large cross section of the southern population. In spite of this, there was no proper functioning gynaecology and obstetrics unit. This was limited to 15 beds and the space was essentially a storage unit. Astoundingly, there were only 10 to 15 deliveries year round at the time.

Dr Sharada decided to change this status quo. The existing ward was divided into antenatal, post natal and gynaecology. The labour room was also refurbished to include state of the art automated, electric beds with individual monitoring to ensure optimum care for the patients. The partogram and the MEOWS were introduced. Bed went from 15 to 40 in the unit under his pursuit. And deliveries would also go from 15 a year to 100 deliveries a month with the relentless work put into improving the unit by Dr Sharada and his team.



*Young  
Achiever*



# HONOUR ROLL

## *Featuring Dr Sharada Jayalath*

The funds were collected for the beds from the Ministry of Health and private donors. Equipments were brought into the unit from basic to sophisticated including saline stands, BHT stands, infusion pumps to Kiwi cups to Buckrey Catheter. The staff strength also was consolidated. From five nurses, five mid-wives and two minor staffs, Dr Sharada increased this to 12 nurses, 7 midwives and 4 minor staff with the assistance of the medical administrator.

A seperate room for doctors was set up and this room doubled as a venue for educational and training purposes of the doctors, nurses and other team members from breech deliveries to procedures. The staff was empowered to practise under protocol with competence through these programmes. An anaesthetist was brought to the hospital, Dr Sharada personally went to the Medical Supplies Division to obtain the necessities and they painstakingly set up the theatre. The first C-section of the Walasmulla Base Hospital took place under the watch of Dr Sharada. During Dr Sharada's tenure, over 300 C-Sections were done and upto date over 1000 C-sections are being done in the hospital.

The procedures expanded to complicated gynaecological procedures like TAH and Vaginal Hysterectomy transforming the once-upon-a-time limits of this hospital. Laparoscopy was also introduced and the first laparoscopic surgery was also done by Dr Sharada. Clinic care expanded to gynaecology, family planning and subfertility. Subfertility was not an area overlooked.



**Modular Labour Room Equipments**



**Walasmulla Base Hospital's first  
Caesarian Section**

# HONOUR ROLL

*Featuring Dr Sharada Jayalath*



**Walasmulla Base Hospital's first Laparoscopic surgery**



**Repurposing unused equipment from Nuwara-Eliya to introduce laparoscopy to Walasmulla Base Hospital**

Subfertility care was extended and over 50 couples were able to have successful conception and pregnancies. Liason was done with the private sector for IUI, and HSG was introduced for the first time along with Laparoscopic Dye Test. One couple delivered her first child after fifteen years of primary subfertility. Couples even sought service from Tissa Maharama and Sooriyawewa. A public donation effort drove the development of the first theatre in Sri Lanka that was established solely from donations in Walasmulla Hospital. A large maternity complex was built with a seperate gynaecology ward, obsetrics ward, labour room, PBU with donations. Dr Sharada elevated the maternal care from humble beginnings to where the maternal care is today in Walasmulla.

This would not have been possible without the assistance of like-minded individuals. Dr Sharadha salutes the contribution of Dr G. Wijesooriya - Provincial director of health services, Dr. Deepika Patabandige - Regional Director of Health Services, Dr. Ranga Chandrasena - Medical Superintendent of Base Hospital Walasmulla, all the consultants, doctors, sisters, nurses, midwives, paramedical staff, office staff, minor staff at Base Hospital Walasmulla and the Provincial and National Health ministry officials along with the hospital development committee and the general public. His journey is a testimonial to what we as doctors can accomplish when we set our mind to a vision and our goals to execute it. Indeed, Dr Sharada Jayalath, will be a name that will be eternally etched in the "Honour Roll"



**Compiled By:**  
**Prof Sanath Lanerolle**



# SRI LANKA COLLEGE OF OBSTETRICIANS AND GYNAECOLOGISTS LADIES' FORUM

"It's easier to take than to give. It's nobler to give than to take. The thrill of taking lasts a day. The thrill of giving lasts a lifetime."

The main aim of the O & G Ladies Forum of SLCOG is to uplift and help women and children in need. Since the country's economy is getting worse day by day and many families are unable to fulfill their necessities, the members of the Obstetricians & Gynaecologists Ladies Forum have decided to donate dry rations to 70 pregnant mothers in the area.

Dry ration bags including essential food items such as Rice, Dhal, pack of eggs, lentils, pack of Noodles, Pack of cream crackers, a bottle of jam, dry fish, fresh milk, and culinary items were donated with the funds provided by donors from members of SLCOG and O & G Ladies Forum.

Mrs Sonali De Silva, President – of O & G ladies forum with the support of Mrs Kushal Ranathunga founder President of O&G ladies forum, Mrs Sureni Periapperuma-Vice president, Mrs Kalani Karunaratne- Treasurer, Mrs Thayananthi Sridharan, Dr Mrs Pushpa Perera Past President, Dr Mrs Antoinette Warnakulasooriya - Past president, Mrs Saumya Weerasekara - Past President and Dr Mrs Shiromalee Dissanayaka organized the event on 10th July 2022 at SLCOG House. All the other members were among the participants in witnessing this charity.

To demarcate Eid, Vesak, Posen, and Deepavali celebrated during the season, religious clergy from all religions attended the event, and rituals were done before the distribution of rations.

The event was attended by Prof Sanath Lanerolle – President SLCOG, Dr (Mrs) Marlene Abeyegunawardana - Patron SLCOG, Prof Pradeep De Silva – Past president, Dr Ananda Ranatunga – Past president and Dr Lakshman Senanayaka- Past President









# Donation by the O & C ladies Forum SLCOC







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Globally



Convenient



Customized



Physiological



Safer than other  
MHT#1



Recommended By  
IMS



Not Androgenic



\* 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 Combipack of Estradiol and Dydrogesterone Tablets Femoston® 2/10 mg LABEL CLAIM: Each film coated tablet contains: Estradiol (as hemihydrate) Ph Eur .....1 mg Dydrogesterone IP .....5mg Femoston® 1/10 mg Each of 14 white colour tablet contains: Estradiol (as hemihydrate) Ph Eur .....1 mg Other each 14, grey colour film coated tablets contains: Estradiol (as hemihydrate) Ph Eur .....1 mg Dydrogesterone IP .....10 mg Femoston® 2/10 mg Each of 14 white colour tablet contains: Estradiol (as hemihydrate) Ph Eur .....2 mg Other each 14, grey colour film coated tablets contains: Estradiol (as hemihydrate) Ph Eur .....2 mg Dydrogesterone IP .....10 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; 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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"CIC House", 199, Kew Road, Colombo 02, Sri Lanka.  
Tel: +94 112 359 359 Fax: +94 112 327 132  
Web: [www.cic.lk](http://www.cic.lk)