

Midlife health: A mission



Dear Readers,

Let me at the outset wish you and your family members a Happy and Prosperous New year 2010.

It is indeed a great honor and blessing to launch this inaugural issue of Indian Menopause Society's (IMS's) official journal titled "*Journal of Midlife Health*" during the 15th annual conference (IMSCON 2010) at Chennai.

As we know, the main goal of the society is to promote the knowledge, study and research on all aspects of menopausal health care so as to encourage interchange of research plans and experiences between individual members. This is a result of the growing need felt by the clinicians, researchers and specialists in the area of menopause for a journal which shall be exclusively devoted to menopause research and therapeutics and can serve as a scientific forum for enhancing the practice of menopause medicine in India.

Truly, it is the dream coming true with release of this first issue. For the last 2 years, I have worked intensively for this publication as chairperson of the education committee (2008–2009). As president (2009–2010), one of my major agendas in 10-point program of IMS endeavor 2009 was to bring this long-awaited, consistent, high-quality publication of exclusive importance in context to Indian females!

With my heartiest gratitude, I would like to put on the record this is a grand idea and big vision of our founder President Dr. Rama Vaidya (Editor-in-Chief) and Founder Secretary and past President, Dr. Urvashi P. Jha. Dr. Rashmi Shah is the whole pilot force behind this wonderful take off!

As such, this official journal is the voice of IMS and draws its strength from the diverse members of the society; precisely, the global influence of the

editorial board members made possible this unique publication and laid a solid foundation by optimizing communication with other IMS members.

The journal will facilitate the rapid dissemination of information on issues pertaining to the mature women health care and certainly will provide an opportunity to contribute on recent developments in menopausal medicine. It is hoped that it will increase awareness and understanding of menopause-related issues in health professionals serving in India and globally.

The editorial team has decided to have high-quality, peer-reviewed original research published all over India in all aspects of aging, health implications and life style modifications of midlife women. I am certain the journal will encourage new therapies, critical assessment of current management strategies, highlight epidemiology and will uncover the genetic of menopausal complications. The original research articles, evidence-based opinions and sound original based data in Indian context, case reports, review articles on key issues as well as advances and announcements are welcome. Please submit electronically your contributions for early review and rapid publication, once accepted.

The journal editors and editorial policy is independent of any industry, political influence and peer pressure. Key opinion leaders in menopause medicine from all over world are being invited to form the advisory board of the journal.

Menopause is an ideal time for women to reenter the healthcare system, to be evaluated, and to participate in appropriate preventive programs. We must make it an urgent priority to identify the population at risk, introduce cost-effective preventive treatment modalities, educate the population about preventive versus crisis treatment, and maintain compliance. The goals are to enhance the quality of life while

increasing longevity. The clinician who is concerned about providing appropriate care to postmenopausal women faces a curious dilemma. The main objective is to provide primary preventive care with the goals of preventing illness, prolonging life, and enhancing the quality of life. While attempting to achieve this, the menopause specialist may be criticized for medicalization of menopause.

Midlife women's health today is poised for a great leap forward, but it requires researches and implementation intelligently to take it to the next decade. This journal narrates astounding advances and National Consensus Guidelines by our Past President Dr. Urvashi P. Jha. The change has arrived and the challenges of menopausal medicine are confronted by our clinician day in and day out. Menopause practice is not retirement medicine for the gynecologist at the dusk of a career, but truly a broad and attractive area of practice allowing for quality patients' interactions and developing meaningful relationship with them.

This first issue comes out after many months of preparation toward perfecting logistics, choosing the publisher which matches with our need, series of meetings and discussions finalizing the editorial team in a phased manner.

The contributors, both national and international, have provided their reviews, experiences and research-based data, which is a great tool in the hands of menopause practitioner. The articles have been peer reviewed by national and international experts in the field.

If these articles are well received, our dream and endeavor will be fulfilled. I sincerely wish and pray

this journal will be liked by all the multidisciplinary members of IMS, other nonmember clinicians and postgraduates.

I am thankful to the editorial team, the executives of the IMS and grateful to all section co-editors, the respected members of IMS.

The journal will be distributed free to all members of IMS and will also be sent to major libraries, research institutions and indexing databases.

Thanks to Dr. Sahu and the whole Medknow team, our publisher, a leading international publishing company in the area of health sciences, for streamlining the online submission system. This will have positive influence on the journal's impact factor.

The critical suggestions would elevate the standard of the journal, so you are encouraged to write to us your comments and even submit your contributions.

Waiting for your response!

Sunila Khandelwal

Founder Editor
Immediate Past President (2009-10)

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