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Dr. Meeta

Ph. No: +91 9866655597

E-mail: [drmeeta919@gmail.com](mailto:drmeeta919@gmail.com)

<u>Educational Qualification</u>	: MBBS, OMC, Hyderabad, 1985 MD Ob Gyn, MRMC, Gulbarga, 1989 Certificate of Specialist Accreditation, PDCR Certification Course on NT and Early Tiffa 1997
<u>Registrar</u>	: Vijay Marie Hospital, 1990-91
<u>No of years of practice</u>	: 34 yrs of practice
<u>Areas of Interest Past</u>	: Obstetric and Gynaec, Gynaec Laparoscopy
<u>Areas of Interest Current</u>	: Menopause, Postmenopausal Osteoporosis, Gynaec Ultrasonology

Current Appointments:

- Co-director, Chief Consultant, OBGY – Tanvir Hospital
- Chief Faculty- NARCHI, Tanvir Hospital
- Chief Faculty- FOGS ICOG Certificate Course in Ultrasound, Tanvir Hospital
- Partner, Committee Member - Institutional Ethics Committee for Biomedical & Health Research, Tanvir Hospital. Registration # EC/NEW/INST/ 2020/622
- Partner & Committee Member Secretary - Institutional Ethics Committee for Clinical Trials, Tanvir Hospital. Registration No. EC/NEW/INST/2020/8689
- Editor-in-Chief- Journal of Mid Life Health 2020-2022
- Founder Co-Chair, Peer Review Task Force, Governing Council Member - Indian Menopause Society (2019)
- Governing Council Member,– Indian Menopause Society.
- Founder Patron, Indian Menopause Society, Hyderabad Chapter
- Founder and Co-ordinator- Indian Mid-life Registry 2021-2031
- Secretary General of South Asian Federations of Menopause Societies 2022-23

Past Appointments:

- Founder Secretary Indian Menopause Society Hyderabad Chapter

1999-2008

- President 2012-13, Indian Menopause Society.
- Past Founder, Chairperson Research Committee, IMS. 2008-2011

### Significant Academic

#### Contributions Chief Editor –

- Clinical Update on Menopause Hormonal Therapy (MHT) :An Official Publication of Indian Menopause Society 2023-24
- Clinical Practice Guidelines on Menopause 2020 (Text book for Indian Menopause Society Credential Exam) Clinical Practice Guidelines on Management of Postmenopausal Osteoporosis 2019
- Chief reviewer, 1000 Multiple Choice Questions on Menopause 2019
- Clinical Practice Guidelines on Menopause 2013
- Clinical Practice Guidelines on Management of Postmenopausal Osteoporosis 2013
- Postmenopausal Osteoporosis, Basic and Current Concepts
- Menopause Management Simplified, 2012
- Manual on Childbirth - Controversies and Evidence FOGSI 2011
- IMS Insight: “Science and Sense of Hormone Therapy” 2009

### Section Editor

- Consensus Document PCOS, India 2014
- Text book for Indian Menopause Society Credential Exam 2010
- Consensus Document Third National Revised Consensus Document, Indian Menopause Society, 2007

### Member

- Editorial Board of J And K Publication
- Advisory Board of Journal of Osteoporosis, Korea
- Consensus meeting on management of PCOD in India-India Fertility Society-2014
- Faculty, Expert Group Meeting for Brainstorming on PCOD-

## ICMR-AIIMS Joint Collaborative Initiative - 2014

- National consultation meeting for revision of National listing of Essential Medicine  
2011-2014
- Faculty - Symposium on Evidence to Action for reducing maternal mortality and morbidity organized by AIIMS WHO, MOH & FW, UNICEF, UNFPA - 2010
- Consensus Document Asia Pacific Menopause Federation, Vietnam Climacteric  
2008
- Consensus Document International Menopause Society, Budapest Climacteric, 2007 | Budapest
- Consensus Document Menopause & Role of HRT in Indian Women, Delhi, 2002,  
Indian Menopause Society

## Director- Development of Educational Modules for Indian Menopause Society

- Module on Menopause for General Practitioners 2019
- Module on Management of Postmenopausal Osteoporosis 2019
- Module on Menopause Management for Post Graduates 2017
- Prescription Writing Modules 2016
- Modules for NULIFE-Teaching of menopause management-A joint venture of Indian Menopause Society and FOGSI 2013
- Module on Menopause for Undergraduates 2010
- Module for Public Awareness -2009

## Publications In Indexed Journal

- Jyotsna Rani· Swati Swati · Meeta Meeta· Sardar Harinder Singh· Tanvir Tanvir · Akanshi Madan Postmenopausal Osteoporosis: Menopause Hormone Therapy and Selective Estrogen Receptor Modulators, Indian Journal of Orthopaedics (2023) 57:S105–S114
- Meeta. Primary care in women's mid-life health. J Mid-life Health 2022
- Aggarwal N, Meeta M, Chawla N. Menopause management: A manual for primary care practitioners and nurse practitioners. J Mid-life Health 2022
- Meeta M, Tandon VR. Implementing risk assessment tools for

personalized management at menopause. J Mid-life Health 2021;

- Meeta M, Tandon V. Real-world evidence — need for physician-scientist/clinician-researcher. J Mid-life Health 2021
- Meeta M, Digumarti L, Agarwal N, Vaze N, Shah R, Malik S. Clinical practice guidelines on menopause: \*An executive summary and recommendations: Indian Menopause Society 2019–2020. J Mid-life Health 2020;11:55-95
- Meeta, Tandon V. Evidence based clinical practice guidelines on Menopause and Postmenopausal Osteoporosis (2019–2020): A step towards implementation of menopausal medicine. J Mid-life Health 2020;11:51-
- Meeta M, Digumarti L, Agarwal N, Vaze N, Shah R, Malik S. Clinical practice guidelines on menopause: \*An executive summary and recommendations: Indian Menopause Society 2019–2020. J Mid-life Health 2020;11:55-95
- Meeta. Introduction to the guidelines on Menopause and Postmenopausal osteoporosis. J Mid-life Health 2020;11: 53-4
- Meeta M, Harinarayan CV, Marwah R, Sahay R, Kalra S, Babhulkar S. Clinical practice guidelines on postmenopausal osteoporosis: \*An executive summary and recommendations – Update 2019–2020. J Mid-life Health 2020;11: 96-112
- Tanvir T, Meeta M, Singh A. Adenomyotic Cyst at Menopause Transition - A Combined Treatment [published online ahead of print, 2020 Jun 27]. J Minim Invasive Gynecol. 2020; S1553-4650(20)30322-8. doi:10.1016/j.jmig.2020.06.021
- Tanvir T, Meeta M, Rane A, Singh A, Endometriosis Presenting as Vaginal Polyps: Outpatient Vaginoscopic Treatment. Video article accepted in Fertil Steril 2020.
- Meeta, Raut AA, Agashe SV, Wajahat A, Sarada CV, B. Vaidya AD, et al. A clinical study of a standardized extract of leaves of Dalbergia sissoo (Roxb ex DC) in postmenopausal osteoporosis. J Mid-life Health 2019; 10:37-42.
- Singh M, Tanvir T, Nagoji D, Madan A, Gattam S, Singh H. Influenza vaccine: A viable option to protect pregnant women and infants from seasonal flu: A retrospective hospital-based study in India. Int J Clin

\*\*\*This paper is cited by the WHO and is available on the website tables on clinical evaluation of influenza vaccines [https://www.who.int/immunization/diseases/influenza/clinical\\_evaluation\\_tables/](https://www.who.int/immunization/diseases/influenza/clinical_evaluation_tables/)\*\*\*

- Meeta, Digumarti L, Agarwal N, Vaze N, Shah R, Malik S. Clinical practice guidelines on menopause: \*An executive summary and recommendations. J Mid- life Health 2013; 4:77-106
- Meeta, Harinarayan CV, Marwah R, Sahay R, Kalra S, Babhulkar S. Clinical practice guidelines on postmenopausal osteoporosis: \*An executive summary and recommendations.. J Mid-life Health 2013;4:77-106
- Singh M. Early age of natural menopause in India, a biological marker for early preventive health programs. Climacteric 2012; 15:581-6
- Singh M, Singh T. Major and minor discordance in the diagnosis of postmenopausal osteoporosis among Indian women using hip and spine dual-energy X-ray absorptiometry. J Midlife Health 2012; 3:76-80.
- Singh .M. Chabra D, Pathak R High Fruit And Vegetable Intake Is Positively Correlated With Blood Lycopene Levels and Biochemical Markers in Postmenopausal Women: A Multicentric Study. Menopause State of the Art, 2011 464-468
- Sunila Khandelwal, Meeta Meeta, Tanvir Tanvir, Menopause hormone therapy, migraines, and thromboembolism,. Best Practice & Research Clinical Obstetrics & Gynaecology, 2021,
- Meeta, Majumdar S, Shah JM, Srivastava S, Joshi SA, Sharma S, et al. Attitude towards sexuality in the perimenopausal and postmenopausal women in India [In Press].
- Tanvir T, Meeta M, Singh A. Complete labial fusion causing pseudo-urinary incontinence: A long-term sequelae of genitourinary syndrome. J Mid-life Health 2020;
- Meeta M, Majumdar S, Tanvir T, Sharma S, Shah J, Aggarwal N, et al. Effects of menopause on sexual function in Indian women: A McCoy's questionnaire-based assessment. J Mid-life Health 2021
- Tanvir Tanvir, Meeta Meeta, Akanshi Singh, Jaweria Masood. Outpatient Hysteroscopic Appearance of Cystic Atrophy In

Postmenopausal Women: Correlation with Serum Estradiol Levels and Histopathological Diagnosis. the Trocar. [Reviews and recommendations](#), Vol 2 - Issue 3 - october 2021 10.36205/trocar3.2021001

- Executive summary of Evidence and Consensus-based Clinical Practice Guidelines for Management of Obesity and Overweight in Midlife Women
- **Cardiovascular And Osteoporosis Protection at Menopause with Lycopene: A Placebo-Controlled Double-Blind Randomized Clinical Trial**
- **Cherian KE, Kapoor N, Meeta M, Paul TV. Screening tools for osteoporosis in India: where do we place them in current clinical care? J Mid-life Health 2021**
- **Cherian KE, Kapoor N, Meeta M, Paul TV. Dual-energy X-ray absorptiometry scanning in practice, technical aspects, and precision testing. J Mid-life Health 2021**

**Other Publications As An Author**

<b>Name of Publication</b>	<b>Year</b>	<b>Volume</b>	<b>Page. No</b>	<b>Title of Paper/ Chapter</b>
Current and Emerging Concepts of Polycystic Ovary Syndrome – Manual from M.P.-PCOS society 1st Edition.	2024			Diagnosis of PCOS in Special Situations
Clinical Update on Osteoporosis	2024			<i>DEXA - Clinical Uses &amp; Recent Updates</i>
FOGSI FOCUS Osteoporosis	2024			Monitoring Of Osteoporosis Therapy
FOGSI FOCUS Menopause	2024		40	Menopause: to treat or Not to treat
A handbook of urogynaecology	2023		86-92	Urethral conditions at menopause transition and beyond
Best Practice Research Clinical Obstetrics & Gynaecology	2021,			<i>Menopause hormone therapy, migraines, and thromboembolism,</i>

<b>FOGSI Textbook for postgraduates</b>	<b>2020</b>			<b>NON-HORMONAL THERAPY AT MENOPAUSE</b>
<b>Association of Physicians of India Textbook Of Medicine</b>	<b>2019</b>	<b>Edition 11 Page No 708- 712</b>	<b>Page No 708- 712</b>	<b>Osteoporosis</b>
<b>FOGSI Textbook of Obstetrics, Gynecology</b>	<b>2019</b>			<b>Non-Hormonal Therapy In Menopause</b>
<b>World Clinics Perimenopausal Health</b>	<b>2015</b>	<b>Volume 4</b>	<b>76-92</b>	<b>Screening for Metabolic and Bone Health</b>
<b>Menopause</b>	<b>2014</b>	<b>Book</b>	<b>271-281</b>	<b>Prescription Writing</b>
<b>Manual on Reproductive Endocrinology</b>	<b>2013</b>	<b>Workshop Manual</b>	<b>16-26</b>	<b>Current Trends In Hormone Therapy</b>
<b>FOGSI Textbook of Obstetrics, Gynecology and Population Stabilization for Postgraduates</b>	<b>2013</b>			<b>Non -Hormonal Therapy In Menopause</b>
<b>Metabolic Diseases in Menopause</b>	<b>2011</b>		<b>84-88</b>	<b>Sleep disturbances at menopause</b>
<b>Journal of Korean Society of Osteoporosis</b>	<b>2010</b>			<b>Osteopenia- When, Whom &amp; How long to treat?</b>
<b>FOGSI Focus The Menopause</b>	<b>2010</b>		<b>74-77</b>	<b>Current Recommendation for ERT</b>
<b>IMS Insight Target Osteoporosis</b>	<b>2008</b>	<b>Issue 3</b>	<b>47-52</b>	<b>Osteopenia- When, Whom, &amp; How long to treat?</b>
<b>Women &amp; Osteoporosis FOGSI Focus</b>	<b>2008</b>		<b>8-11</b>	<b>Risk &amp; Risk Assessment of Osteoporosis</b>
<b>Indian Menopause Society Newsletter</b>	<b>2007 (Guest Editor)</b>	<b>Supplement</b>	<b>11-15 17-34</b>	<b>Menopause proforma Updated recommendation on Postmenopausal Hormone Therapy. International Menopause Society 2007</b>
<b>Obs &amp; Gynae Today</b>	<b>2004</b>	<b>Vol. IX, No. 11</b>	<b>723-25</b>	<b>Pathophysiological causes &amp; clinical significance of flushing</b>

Indian Menopause Society Newsletter	2004 ( Guest Editor)	Vol. 6	12	New Modalities in the Conservative Management of Perimenopausal DUB
VII Annual Conference of IMS	2002 (Editor)	Souvenir	57	OC's & HRT How different are they?
Obstetric & Gynecological Digest	2000	Vol.I	4-5	Recent discoveries in menopause medicine

### Trials - Chief Investigator

- Double Blind Placebo Controlled **Randomized Trial on Lycored at Menopause**
- **Efficacy and Tolerability of Raloxifene in Post-Menopausal Woman in South Indian**  
Multi-centric trial on Menopause Survey in India
- Attitude Towards **Sexuality at Menopause Early Age of Menopause** In India
- **A Pilot Survey of Labor Room Practices-2011**
- A Clinical Study of a **Standardized Extract of Leaves of *Dalbergia sissoo* (Roxb ex DC)** in **Postmenopausal Osteoporosis**
- Participated in **clinical trials and postmarked surveillance on Vagifem, Cerazette, Femarelle, Evalon, Ecoflora**
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- **A randomized control trial to evaluate the efficacy of Nano vitamin D3 buccal spray supplementation daily for 3 months and compare it with similar dose of Nano D3 and conventional fat soluble D3 preparations in tablet forms in adult population.**
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### Papers presented at State/National / International Congress

Year	Place	Title
2020	IMS, Bangalore	In office Hysteroscopic Morcellator for Intrauterine Pathologies
2019	IMS, Kolkota	In office use of Morcellator for Intrauterine Pathologies at > 40 years
2019	AICOG, Lucknow	Feasibility and Safety of Office Hysteroscopic Myomectomy Without Myoma Extraction : A Prospective Observational Study
2019	35th ISOPARB Hyderabad Chapter	Assisted Reproductive Techniques - Need for Early and Vigilant Ultrasound

2018	FIGO, Brazil Global Congress On Hysteroscopy, Barcelona	Video Presentation On Unusual Indication For Office Hysteroscopy - Removal of Retained Gauze
May 2018	Barcelona, 8th World Congress of Gynaecological Endocrinology	Ambulatory Hysteroscopy For RPOC following First Trimester Abortion
Feb 2017	Florence ISGE	Performance Of Surrogate Markers For Insulin Resistance In Women With PCos
May 2013	London	Risk of coronary artery disease and osteoporosis vis-à-vis blood lycopene levels in menopausal women
March 2013	Chicago	Effect Of Lycored On Biochemical Markers For Cardiovascular Protection And Osteoporosis Protection At Menopause: A Parallel Group Placebo Controlled Double Blind Superiority Rct
June 9th 2011	Rome	High Fruit And Vegetable Intake Is Positively Correlated With Blood Lycopene Levels And Biochemical Markers In Postmenopausal Women: A Multicentric Study
2010	ISGE – Florence , Italy	Changes in Bone Turnover Marker, Serum Lipids, Endometrium and clinical Tolerability of Raloxifene in Established Post menopausal Osteoporosis in Indian Women
2010	ISGF, Florence, Italy	Endometrial Tuberculosis, A case fort Differential Diagnosis in Abnormal Uterine Bleeding in late reproductive period
Sep 30 – Oct 03, 2009	NAMS, San Diego, LA	Menopause - An Indian Experience “Women’s Health Across India” Survey of 1801 women
2008	1 <sup>st</sup> Congress on the Menopause, Madrid	Evaluation of Risk Factors for DEXA Referral in Indian Women
May 2008	Spain	Evaluation Of Risk Factors For Dexa Referral In Indian Women
8-9 Sept, 2007	ISAR, Bangalore	Female Genital Tuberculosis and Infertility
4-5 Feb, 2006	IMS Chandigarh	206 reasons to be informed about Osteoporosis – Prevalence of osteoporosis amongst female Gynecologist in India
5-9 Jan, 2006	AICOG Kochi	Safety and efficacy of Nitrous Oxide as an analgesic in the management of Labor
Nov, 2006	FIGO, Kuala Lumpur, Malaysia	Role of Magnesium supplement in reducing pregnancy related leg cramps

5-6 Feb, 2005	IMS Ahmedabad	Efficacy and Tolerability of Raloxifene in Post menopausal osteoporosis in South Indian Women
2001	Jyotsna Hyderabad	Isolated Torsion of normal fallopian tube in reproductive age group (video)
2000	OGSH	Evolution of Screening methods for congenital malformation – Where do we stand?

### **Ongoing Projects**

- To understand the Knowledge, Attitude and Practice of Menopause Hormone Therapy: Clinicians and Consumers Perception.
- Age at menopause and its determinants in India– A population based study
- Prevalence of genitourinary syndrome of menopause : a multi-centric, Indian Midlife Registry based study.
- Analysis of Body Mass Index and Waist Circumference at Midlife and beyond – Data from Indian Midlife Registry
- **Uptake of Influenza Vaccine** : A viable Option to Protect Pregnant women and Infant from Seasonal Flu: Prospective Observational Study - under preparation
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- Outpatient **Tissue Removal System** (Hysteroscopic Morcellator) for removal of Intrauterine Pathology - A Pilot Study - data collection
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- **Non-Tamoxifen Cystic Atrophy In Post Menopausal Women**: Correlation Between Hysteroscopic Appearance of Cystic Protuberance, Serum Estradiol levels and Histopathological Diagnosis - A Prospective Study - data collection
- **Assessment Of Dietary Calcium Intake In Women At Perimenopause And Post-Menopause In India**: A multi centric study
- 

### **Member of Societies**

- Member Indian Menopause Society Member Indian Society
- Perinatology and Reproductive Biology.
- Indian Federation of Ultrasound in Medicines and Biology.
- International Society of Ultrasound in Obstetrics and Gynaecology.
- Federation of Obstetricians and Gynecologists of India.
- Indian College of Obstetrician and Gynecologists
- All India Association for Advancing Research In Obesity
- PCOS Society of India
- IMA (Indian Medical Association)
- UPIA (Urogynaecological Pelvic Floor Dysfunction & Incontinence, Association) India

- International Menopause Society
- International Society of Clinical Densitometry
- International Society Ultrasound in Obstetrics & Gynecology
- Global Association of Physicians of Indian Origin

### **Invited Faculty**

- Delivered lectures, paper presentations at various National and International scientific meets public forum at Pakistan, Vietnam, London, Tampa, Canada , Twice at Seoul, Rome, Prague, Srilanka, Dhaka, Nepal and Florence.

### **Worked with Indian Institute of health and family Planning and UNFPA:**

1. Depot Provera “**Perspectives on injectable contraceptives: A multicentric study on users and providers.**”
2. **Postpartum Haemorrhage**

### **Conferences**

- Chief organiser of the **VII National Indian Menopause Society** Conference, Hyderabad
- Chief organiser ISCD in association with Tanvir Hospital -
- Chief Convenor, Three Day **Expert group meeting on Menopause, Osteoporosis, Art of Medical Writing**
- In the organising committee of many **Local and National congress**

### **Camps**

- **Colposcopy workshop** and a **free Pap Smear camp** for 100 women in association with GAPIO in 2017 at Tanvir Hospital. Free HPV Vaccination for 15 eligible children.
- Camp for 150 women - **Breast examination and Free PAP Smear in Bidar district**, 2017 from Tanvir Foundation
- Tanvir Hospital in association with Linde India Ltd conducted a training programme for midwives in “**Pain management during childbirth.**” -
- Fibroid Awareness Program at Medtronic R & D office on 13th July 2018. We at Tanvir Hospital conducted a **FIBROID camp for women with an enrolment of 50 women** in 2018 and March 2019.
- The free camp from Tanvir Hospital was with **FOGSI on Women’s Day for “Women in Uniform”** on March 7th & 8th, 2020, for over 300 women.
- The free camp from Tanvir Hospital was with **FOGSI on Women’s Day for “Women in Uniform”** on March 7th & 8th, 2021, for over 200 women.
- We at Tanvir Hospital, celebrated **Breast feeding week from 1st - 7th August** in collaboration with the regional society, OGSB with FOGSI. Training on techniques of breast feeding and latching for 10 midwives was conducted. A free educational webinar was conducted for women on breast feeding.

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- Facilitated the American Physicians of Indian Origin initiative of free HPV Vaccination for 100 girls (between 9-15 yrs) on January 10 2022

## **Awards**

- IOG Dr. Stya Paul Awards 2022, 'Excellence in Menopause Research'
- Best Paper in the Journal of midlife health-Meeta M, Majumdar S, Tanvir T, Sharma S, Shah J, Aggarwal N, et al. Effects of menopause on sexual function in Indian women: A McCoy's questionnaire-based assessment. J Mid-life Health 2021,10.4103/jmh.jmh\_95\_21 IOG Dr. Stya Paul Awards 2022, 'Excellence in Menopause Research'
- 
- Best Paper in the Journal of midlife health - A clinical study of a **standardized extract of leaves of Dalbergia sissoo (Roxb ex DC) in Postmenopausal Osteoporosis** at Bangalore 2019
- Appreciation Prize for Video Presentation on **In Office Hysteroscopic Morcellator for Intrauterine Pathologies at AICOG**, Bangalore January 2019
- Recipient of Pride of **Sikh Community Award by Gurudwara Prabhandhak Committee and Guru Gobind Study Circle**, Secunderabad
- Best Poster Prize for **In Office Use of Morcellator for Intrauterine Pathologies at > 40 years** 15th - 17th February, IMSCON, Kolkata 2018
- Best Paper Award For **Raloxifene and change in biochemical markers at in postmenopausal worm with osteoporosis, National Conference, Indian Menopause Society** 2004

## **Personal Details**

- **Date of Birth** : 19-Sept-1961
  - **Languages known** : Fluent in English, Hindi and Telugu
  - **Marital Status** : Married
  - **Address** : 8-3-833/100, Phase I  
Kamalapuri Colony  
Telangana- 500073  
Tel: 040- 23743550, 23747003,  
Mob: 09866655597,  
Tel Fax: 040- 23742240
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- Email** : drmeeta919@gmail.com

## **Declaration**

I hereby declare that the above-mentioned particulars are true and genuine to the best of my knowledge and belief.

Place: Hyderabad

Date:



Yours Sincerely,  
Meeta