

# Midtowner

WEEKLY BULLETIN OF ROTARY CLUB OF RAJKOT MIDTOWN • CLUB 31287 • R.I. DISTRICT 3060

rotaryclubofrajkotmidtown  
/RotaryClubofRajkotMidtown

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2024 - 2025

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## MEETING DETAILS

**DATE** : 30th May 2025

**DAY** : Friday

**TIME** : 8:30pm Onwards

**VENUE** : D.P.M.C Lalitalay

**PROGRAM** : The most awaited event of the year for our Bollywood crazy Midtowners.. Behold as Shehanshah of Bollywood Quiz - Dr. Ketanbhai Thakkar is here!! "Andheri raton mein, D.P.M.C ki raahon mein, Har boredom mitane ko, ek Quiz Master nikalta hai... jise Midtowners, Ketanbhai kehte hain.." Grab your seats for "Aaj ki raat mazaa quiz ka lijiye" before the show gets housefull!!! Rotarians, Anns and Annets are all welcome.



## BIRTHDAY WISHES - Many many happy returns of the day!!



**Niles Changan**  
1st June  
98250 74525



**Shailesh Goti**  
2nd June  
97254 30300



**Harshvardhan Vora**  
6th June  
93289 44375



## ANNIVERSARY WISHES - Wishing wonderful years of togetherness and happiness!!

**Megha and Narendra Thakkar**  
26th May

**Trusha and Hitesh D Vora**  
27th May

**Tanvi and Amit Desai**  
30th May

**Dr. Gayatri and Dr. Nishant Rathod**  
3rd June

**Urvi and Mohit Solanki**  
3rd June

**Kumud and Pankaj Patel**  
5th June

**Nayana and Bharat Ghodasara**  
7th June

**Renu and Yogen Mehta**  
7th June



## CLUB NEWS

### 1. MEETING MEIN:

It was "Super se Upar" meeting on this Friday.. Kyunki ab pani Sar se Upar ja raha hai... India ka jawaab to banta hai..

Our four fantabulous speakers gave our audience a mindful voyage of this tricky journey after Indo Pak

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### Dr. Nishant Rathod

Consultant Pediatric Neurologist  
DNB, FIPN (Jaslok, Mumbai), FICG (SGPGI)

separation. These bitter sweet relations have stretched to limits and mended again in bits through these many years. What does the future hold?

Our annet Devanshu Dadia connected well with the audience. PP Ashokbhai Bhatt was amazing with all the facts as he took the audience down through the history of strained Indo Pak relations. Dr. Nirnanjan Sir kept the audience captivated with his talk. Dr. Ketanbhai Thakkar described the religion based partition and Kashmir as the crux of the problem, zero tolerance towards terrorism and the symbiotic existence of Pakistan military and terrorism.

The audience witnessed a thrilling showcase of the complexities and intricacies of this burning issue as Dr. Jatinbhai Mody hosted and also curated the entire show. A great meeting indeed! Huge thanks to Dr. Jatin Sir, PP Ashokbhai Bhatt, Dr. Nirnanjanbhai Parikh, Dr. Ketanbhai Thakkar and Annet Devanshu Dadia. Special thanks to Hareshbhai Parmar.

Felicitation of Dilipbhai Sakhiya of Gir Ganga was also done. It was indeed a pleasure to have him.

The food was lip smacking too and Midtowners savoured the Ras Puri dinner.



## ROTARY MIDTOWN LIBRARY

RML organised a 'Parents Kids cycling' event on 23rd May 2025 at 6:30am at Race Course for kids aged 8 to 16 yrs. It was a huge success and enjoyed by all. On 24th May 2025, a Book Talk was held at RML by Harsh Thaker on the book 'Tilor' (Author: Dhruv Bhatt).



## ROTARY DOLLS MUSEUM

Is hiring a Museum Administrator. A great opportunity for someone who wants to expand their work experience. Interested candidates can apply.



## ROTARY INTERNATIONAL NEWS

The wisdom of the hot flash Women approaching midlife may benefit from hormone replacement therapy By Lawrence M. Nelson, MD, MBA

Have you ever wondered how a woman's reproductive cycle keeps to a 28-day clock?



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When I was in my first year as a medical student at the University of Pittsburgh, I was honored to learn about women's reproductive health from a world-renowned scientist, Doctor. Ernst Knobil. His research showed an on-off switch for the cycle in the brain, and the 28-day clock was in the ovaries. His groundbreaking work forms the basis of modern reproductive endocrinology and inspired me to train as a physician and a scientist in women's healthcare and research.

After a 30-year career in the U.S. Public Health Service, I have come to believe we should do away with the term menopause. It's not a physiological term, and changing the name could help reduce the stigma associated with it. I'm on a mission to rebrand it as hormone imbalance because that's what it is.

Our bodies constantly communicate with us, often in subtle and not-so-subtle ways. A hot flash is a profound yet underappreciated form of this communication. While it's frequently dismissed as an unpleasant symptom of women in midlife, the hot flash is, in fact, a vitally powerful message from the body. It offers a unique insight into the intricate mechanisms of a woman's endocrine system and the crucial role of hormones in maintaining overall health and staying well.

Women often experience waves of intense heat and sweating due to hormonal fluctuations during their midlife transition.

From 1986 to my retirement in 2017, I organized and directed a research program on women's health at the National Institutes of Health (NIH) Clinical Center in Bethesda, MD. With my team, I developed clinical and laboratory research programs on Primary Ovarian Insufficiency (POI), which some inaccurately called "Premature Menopause." It's a rare condition, in which the ovaries stop functioning as they should before the age of 40, but it is not to be confused with menopause. The youngest patient we saw with this disorder was only 12 years old. It's crucial to understand that there are effective treatments for POI and that it's not a permanent obstacle to pregnancy or quality of life. The most important advice I can give women with POI is to not take no for an answer. You must advocate for yourself. This is a rare disorder that doesn't get the attention it needs – you must fight for your health.

While POI and menopause can cause similar symptoms, the key difference is that women with POI can have irregular or occasional periods for years and might even get pregnant. But women with menopause stop having periods permanently and never become pregnant. Our endocrine system, a complex network of glands that produce and regulate hormones, is a key player in maintaining balance within the body. Hormones act as messengers and orchestrate numerous bodily functions, including metabolism, growth, and reproduction. Among these hormones, 17-beta estradiol, the primary estrogen naturally produced by a woman's ovaries, stands out. It exerts profound protective effects on cardiovascular health, bone density, and sleep patterns, making it a crucial component of overall health.

How do you know if your estradiol levels are too low?

Sudden waves of intense heat and sweating result from hormonal fluctuations during the average woman's midlife transition and in young women with POI. Hot flashes are an early warning system that indicates 17-beta estradiol deficiency, which heralds an increased risk of cardiovascular diseases and osteoporosis, weakening bones. These are both silent killers, so listening to this early warning system is crucial.

Another indicator of low 17-beta estradiol is a lack of quality sleep. Many women experience disruptions in their sleep patterns during the midlife transition to 17-beta estradiol deficiency. By understanding the significance behind these experiences, women can prioritize strategies that support rejuvenating sleep habits. Keeping a consistent schedule, a relaxing bedtime routine, and limiting blue light exposure before bed can improve sleep. Thus women can empower themselves to take proactive steps toward their health.

The question many women approaching midlife ask is: Would I benefit from hormone replacement therapy?

Even very low doses of 17-beta estradiol can improve hot flashes and might have protective effects on the cardiovascular system and bone health, according to published evidence. The best evidence supports adding 17-beta estradiol through transdermal systems, for instance, gels or patches, as a safer approach than taking estrogens by mouth. Taking estrogens orally could elevate hormone levels in the liver, increase clotting factors, and hence the risk of potentially fatal blood clots. There is much confusion and misinformation about 17-beta estradiol replacement, so be sure to find a clinician with expertise in this area.

Lawrence M. Nelson, a doctor with more than 30 years of experience in women's health care, led a discussion on women's hormonal health at a conference in Chiang Mai, Thailand.

Another significant symptom of 17-beta estradiol deficiency is painful intercourse and urinary symptoms. These are beyond the scope here, so discuss this with your clinician if this is a problem.

What about the cancer risk? Many women have read that hormone replacement might increase the risk of breast cancer. However, further studies and



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associated reviews have discredited this theory.

The U.S. National Institutes of Health Women's Health Initiative (WHI) analyzed the medical data of 160,000 women over up to 20 years for the largest randomized, placebo-controlled trial and evaluated the benefits and risks of hormone therapy. Subsequent analysis and other independent studies have come to the clear conclusion that hormone therapy is a very effective treatment for symptom relief, especially when it is started early at the onset of hot flashes. Replacing very low levels of 17-beta estradiol has numerous benefits, including increased bone density, reducing vaginal dryness and mood swings. There is good evidence that even women who do not have hot flashes or other symptoms experience cardiovascular and bone-protective benefits from low-dose 17-beta estradiol replacement. Talk with your clinician about adding a progestogen to the replacement.

As members of Rotary International, it is essential to advocate for an integrated approach to health that encompasses the wisdom of the body, recognizing the interconnectedness of hormonal balance and overall health. Rather than dismissing hot flashes as a mere inconvenience, women can deepen their understanding of the pivotal role played by the endocrine system in sustaining cardiovascular and bone health and promoting quality sleep. Let us embrace the wisdom of the hot flash as a powerful reminder of the delicate symphony of hormones that shape a woman's vitality and resilience.

Lawrence M. Nelson, MD, MBA, is the President of the Mary Elizabeth Conover Foundation and a member of the Lampang Rotary Club in Lampang, Thailand. He spent 30 years researching Primary Ovarian Insufficiency (POI) at the US National Institutes of Health Intramural Research Program (NIH-IRP). He now directs a digital women's health initiative named My28Days.org.



## ACHIEVEMENTS AND ACCOLADES

1. Sir Edmund Hillary once said, "It's not the mountain we conquer, but ourselves". Congratulations to Ann Varsha Goti for successfully completing another trek- this time it is Gaumukh Tapovan Trek (Original source of the river Bhagirathi and Tapovan the land of many rishi's tapasyas).



## FOOD FOR THOUGHT

I DREAM A WORLD (by Langston Hughes)

I dream a world where man No other man will scorn,  
Where love will bless the earth And peace its paths adorn  
I dream a world where all Will know sweet freedom's way,  
Where greed no longer saps the soul Nor avarice blights our day.  
A world I dream where black or white, Whatever race you be,  
Will share the bounties of the earth And every man is free,  
Where wretchedness will hang its head And joy, like a pearl,  
Attends the needs of all mankind- Of such I dream, my world!

(Shared by Dr. Miloni A Lakhani)

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