

Curriculum Vitae



- 1 **Name:** Janaka Lenora
Name in Full: Robolge Sumith Janaka Lenora
- 2 **Residential address:** No 361/17 A, Regal Park, Dangedara, Galle, Sri Lanka.
Phone (Mobile): +94 (0)717612390 +94(0)77 0582525
E-mail: rsjlenora@yahoo.co.uk, Lenora@med.ruh.ac.lk
- 3 **Personnel details:** Date of Birth- 11.02.1969
Civil Status: Married & two children
- 4 **Present Post:** Professor in Physiology
Place of Work: Department of Physiology, Faculty of Medicine,
University of Ruhuna, PO Box 70, Karapitiya, Galle, Sri Lanka
- 5 **Education**
 - i. Ph.D. Lund University, Sweden (2009 October) – (Clinical and Molecular Osteoporosis Research Unit, Malmö University Hospital) Title of the thesis “**Bone turnover markers and prediction of bone loss in elderly women**”.
 - ii. M.Phil. (2007 January) University of Ruhuna, Sri Lanka. Title of the thesis “**Age related changes in bone mineral density and prevalence of osteoporosis among a selected group of women**”
 - iii. M.B.B.S. (April 1997) University of Ruhuna, Sri Lanka.
 - iv. Secondary Education: Dharmasoka Collage, Ambalangoda
 - v. Primary Education: G/Ananda K.V. Elpitiya
- 6 **Other Professional Trainings**
 - i. Certificate Course in Clinical Densitometry Conducted by International Osteoporosis Foundation (IOF), Tartu, Estonia September 2-3 2007
 - ii. Musculoskeletal science in translation- from cell to clinic and large scale epidemiology – Lund University, Sweden, 10-14 November 2008
 - iii. Oral Communication- Lund University, Sweden, 3-7 September 2007
 - iv. Statistical Methods for Medical Research -Lund University, Sweden, 19-23 November 2007
 - v. Scientific Communication- Lund University, Sweden, 3-7 December 2007
 - vi. ECTS training course: Bone quality from bench to bedside, European Calcified Tissue Society, Copenhagen, Denmark, 5th May 2007.
 - vii. Research Ethics - Lund University, Sweden, 18-22 October 2006
 - viii. Information Retrieval Management- Lund University, Sweden, 21 November 2006

- ix. Certificate in Teaching in Higher Education (CTHE) 2001 University of Colombo
- x. Staff Development Workshop, University of Peradeniya 2000
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7 Work experience

- i. Professor in Physiology, Department of Physiology, Faculty of Medicine, University of Ruhuna 15,06,2016 upto the date.
- ii. Senior Lecturer, Department of Physiology, Faculty of Medicine, University of Ruhuna (01,02,2007 to 15,05,2016)
- iii. PhD student, Clinical and Molecular Osteoporosis Research Unit, Department of Clinical Sciences, Faculty of Medicine, Lund University, Sweden (23,09,2004 to 31,10,1999)
- iv. Lecturer Faculty of Medicine, University of Ruhuna (29,01,1999 to 01,02,2007)
- v. Intern House Officer (Pediatrics and Obstetrics & Gynecology) , Teaching Hospital, Karapitiya, Galle from 15th December 1997 to 14th December 1998.

8 Volunteer posts in the University

- i. Member of the Examination offences committee University of Ruhuna 2020 January –up to the date /Chairperson of the Examination offences committee since 2023 January
- ii. Faculty Medical Officer, Faculty of Allied health Sciences, University of Ruhuna, Since 2019 January – upto the date
- iii. Head of the Department, Department of Physiology, Faculty of Medicine, March 2014 – March 2017 and October 2022 –Up to the date
- iv. Chairperson, Faculty of Medicine Annual Academic Sessions (FMAS 2020)
- v. Chairperson of Technical Evaluation Committee (TEC), Furniture 2020/2021
- vi. Member of the Ethical Review Committee in Faculty of Medicine since January 2014 to January 2017.
- vii. Member of the UGC appointed committee for development of Benchmark statement for BSc Nursing degree programme 2012 -2014
- viii. Warden male hostel Faculty of Medicine in 2014/2015
- ix. Treasurer, Ruhuna, Faculty of Medicine, Teachers' Association 2015/2016
- x. Principal Coordinator Nursing Degree Programme, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka, Since June 2010 to February 2014
- ix. Student counselor, year 2012 to 2015.

9 Volunteer posts in the scientific community

- i. Academic Editor: Hindawi Nursing Research and Practice 2020 January upto the date
- ii. Editorial board member and a reviewer –World Journal of Orthopedics (WJO) 2010-2014. WJO is an online journal cited by pubmed.
- iii. Editorial Board Member, Galle Medical Journal 2015-2018

- ii Reviewer in international Journals “Clinical Orthopedics Related Research, Osteoporosis International, Women and Health, BMC Women’s Health
- iii Committee member in Osteoporosis Sri Lanka 2010 January upto the date
- iv Executive Committee Member Physiological Society of Sri Lanka. 2010- 2019

10 Scientific publications

10.1 Articles published in Peer Reviewed International Journals (36)

1. Association between body composition and cardiovascular disease risk in pre- and post menopausal women. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. Journal of Health Population and Nutrition (2023) 42:110 <http://doi.org/10.1186/s41043-023-00455-6>
2. Assessment of the nutritional status of school children in Galle Municipality area: A comparison between different body mass index classification systems. Aruna De Silva , Gayani Alwis , Ruwani Hewawasam , Janaka Lenora. Galle Medical Journal 2023 June 28 (2) 45-55 doi.org/10.4038/gmj.v28i2.8181
3. Knowledge, attitude and practices on insulin therapy among patients with type 1 diabetes. Hemamali Jagodage, Priyanthika Sandamali, Janaka Lenora. Galle Medical Journal 2023 March 28 (1) 30-36 DOI: 10.4038/gmj.v28i1.8191
4. Profile of stress among a group of female school children in their early adolescence in the Galle educational zone; a descriptive cross sectional study. HJ Madhushanthi, SW Wimalasekera, CSE Goonewardena, AATD Amarasekara, Lenora J. Galle Medical Journal 2021 Jul 26 (2) 47-52
5. Poor socioeconomic state, stress, stunting and fatness are negatively associated with cognitive performance of female adolescents HJH Madhushanthi, SW Wimalasekera, CSE Goonewardena, AATD Amarasekara, Janaka Lenora Sri Lanka Journal of Child Health 50 (4), (2021 Dec) 674-680
6. Age-related trends and reference intervals of cross-linked C-telopeptide of type I collagen and procollagen type I N-propeptide from a reference population of Sri Lankan adult women. Rathnayake H, Lekamwasam S, Wickramatilake C, De Zoysa E, Lenora J. Arch Osteoporos. 2021 Nov 2;16(1):164. doi: 10.1007/s11657-021-01022-4.
7. Risk Factors and Comorbidities Associated with Fragility Hip Fracture among Fragility Hip Fracture Patients Admitted to Teaching Hospital Karapitiya. T Abeygunasekara, S Lekamwasam, J Lenora, G Alwis. Proceedings of Ruhuna Faculty of Allied Health Sciences Annual Academic Sessions (RuFARS) 2021, Faculty of Allied Health Sciences, University of Ruhuna, Galle, Sri Lanka
8. Linguistic and psychometric validation of Sinhala version of Menopause Specific Quality of Life questionnaire, N Rathnayake, G Alwis, J Lenora, I Mampitiya, S Lekamwasam Sri Lanka Journal of Social Sciences 2021 June 44 (1), 15-26
9. Quality of Life and Functional Independence of Hip Fracture Patients: Data from a Single Center Follow-Up Study in Sri Lanka, Abeygunasekara T, Lekamwasam S, Lenora J, Alwis G. Ann

Geriatr Med Res. 2021 Jun 14. doi: 10.4235/agmr.21.0016. Online ahead of print.PMID: 34120437

10. Factors associated with measures of sarcopenia in pre and postmenopausal women. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. BMC Womens Health. 2021 Jan 2;21(1):5.
11. Current incidence and future projections of fragility hip fractures in Sri Lanka. Abeygunasekara T, Lekamwasam S, Lenora J, Alwis G. Arch Osteoporos. 2020 Nov 9;15(1):178.
12. Optimal Cutoff Values for Anthropometric Adiposity Measures of Sri Lankan Adult Women Rathnayake N, Alwis G, Lenora J, Lekamwasam S. J Obes. 2020 Aug ;2020:5748720.
13. Development and Cross-Validation of Anthropometric Predictive Equations to Estimate Total Body Fat Percentage in Adult Women in Sri Lanka. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. J Obes. 2020 Jul 15;2020:2087346.
14. Factors associated with one-year mortality of patients admitted with fragility hip fracture: a follow-up study in Southern Sri Lanka. Abeygunasekara T, Lekamwasam S, Alwis G, Lenora J. Arch Osteoporos. 2020 Jun 25;15(1):95.
15. Effect of Health-Promoting Lifestyle Modification Education on Knowledge, Attitude, and Quality of Life of Postmenopausal Women. Rathnayake N, Alwis G, Lenora J, Mampitiya I, Lekamwasam S. Biomed Res Int. 2020 May 20;2020:3572903.
16. Applicability of health promoting lifestyle profile-II for postmenopausal women in Sri Lanka; a validation study. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. Health Qual Life Outcomes. 2020 May 6;18(1):122.
17. Current incidence and future projections of fragility hip fractures in Sri Lanka. Abeygunasekara T, Lekamwasam S, Lenora J, Alwis G. Archives of Osteoporosis (2020) 15:178. doi.org/10.1007/s11657-020-00848-8
18. Variation of urinary and serum bone turnover marker reference values among pre and postmenopausal women in Asia: a systematic review. Rathnayake H, Lekamwasam S, Wickramatilake C, Lenora J. Archives of Osteoporosis (2020) 15:57 doi.org/10.1007/s11657-020-00722-7
19. Impact of Health-Promoting Lifestyle Education Intervention on Health-Promoting Behaviors and Health Status of Postmenopausal Women: A Quasi-Experimental Study from Sri Lanka Rathnayake N, Alwis G, Lenora J, Lekamwasam S. BioMed Research International (Hindawi) Volume 2019, Article ID 4060426, 9 pages <https://doi.org/10.1155/2019/4060426>.
20. Development & cross-validation of anthropometric predictive models to estimate the appendicular skeletal muscle mass in middle-aged women in Sri Lanka. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. Indian Journal of Medical Research. 2019 Sep;150(3):297-305.
21. Trabecular bone score and bone mineral density reference data for women aged 20-70 years and the effect of local reference data on the prevalence of postmenopausal osteoporosis: a cross-sectional study from Sri Lanka. Rathnayake H, Lekamwasam S, Wickramatilake C, Lenora J. Arch Osteoporos. 2019 Aug 20;14(1):91

22. Prevalence and Severity of Menopausal Symptoms and the Quality of Life in Middle-aged Women: A Study from Sri Lanka. Rathnayake N, Lenora J, Alwis G, Lekamwasam S. *Nurs Res Pract*. 2019 Jul 1;2019:2081507. doi: 10.1155/2019/2081507. eCollection 2019.
23. Cutoff values determination for sarcopenia and prevalence in Middle-aged women: A study from Sri Lanka. N. Rathnayake, G. Alwis, J. Lenora, S. Lekamwasam. *Ceylon Med J*. 2019 Mar 31;64 (1):9-16
24. Concordance between appendicular skeletal muscle mass measured with DXA and estimated with mathematical models in middle-aged women. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. *J Physiol Anthropol*. 2018 Jul 31;37 (1):19. doi:10.1186/s40101-018-0179-5.
25. Cross cultural adaptation and analysis of psychometric properties of Sinhala version of Menopause Rating Scale. Rathnayake N, Lenora J, Alwis G, Lekamwasam S. *Health Qual Life Outcomes*. 2018 Aug 6; 16 (1):161. doi: 10.1186/s12955-018-0977-9.
26. Socioeconomic status is a predictor of neurocognitive performance of early female adolescents. Madhushanthi HJ, Wimalasekera SW, Goonewardena CSE, Amarasekara AATD, Lenora J. *Int J Adolesc Med Health*. 2018 Jun 13. pii: /j/ijamh.ahead-of-print/ijamh-2018-0024/ijamh-2018-0024.xml. doi: 10.1515/ijamh-2018-0024. [Epub ahead of print]
27. Effect of precision on longitudinal follow-up of bone mineral density measurements in elderly women and men. Lenora J, Akesson K, Gerdhem P. *Journal of Clinical Densitometry*. 2010 Oct-Dec;13(4):407-12.
28. Effects of Multiparity and Prolonged Breast-Feeding on Maternal Bone Mineral Density: A Community-Based Cross-Sectional Study. Lenora J, Lekamwasam S, Karlsson MK. *BMC Women's health* 2009 Jul 1;9(1):19.
29. Bone turnover markers are correlated with total skeletal uptake of ^{99m}Tc-methylene diphosphonate (^{99m}Tc-MDP). Lenora J, Norrgren K, Thorsson O, Wollmer P, Obrant KJ, Ivaska KK. *BMC Medical Physics*. 2009 Mar 30; 9:3.
30. Bone turnover markers are correlated with quantitative ultrasound of the calcaneus: 5-year longitudinal data. Lenora J, Gerdhem P, Obrant KJ, Ivaska KK. *Osteoporosis International*. 2009 Jul; 20(7):1225-32.
31. Serial measurement of serum bone metabolism markers identifies women with the highest rate of bone loss and osteoporosis risk. Ivaska KK, Lenora J, Gerdhem P, Åkesson K, Väänänen HK, and Obrant KJ. *Journal of Clinical Endocrinology and Metabolism* 2008, 93 (7) 2622-2632.
32. Age related trends in hip geometry in Sri Lankan women: a cross sectional study. Lekamwasam S, Lenora J. *Journal of Bone and Mineral Metabolism*. 2007 25(6):431-5.
33. Prediction of bone loss using biochemical markers of bone turnover. Lenora J, Ivaska KK, Obrant KJ, Gerdhem P. *Osteoporosis International*. 2007 Sep;18(9):1297-305.
34. Tooth loss and bone mineral density among women: a cross-sectional survey. Lekamwasam S and Lenora J. *Ceylon Medical Journal*. 2006 September, Vol 51 (3), 102-105

35. Effect of Hip Flexion on the Measurement of Spinal Bone Mineral Density in the Norland Eclipse XR. Lekamwasam S, Lenora J. *Journal of Clinical Densitometry*. 2005 summer; Vol.8 (2): 183-186
36. Effect of leg rotation on hip Bone Mineral Density Measurements. Lekamwasam S, Lenora RSJ. *Journal of Clinical Densitometry*. 2003 winter; 6(4): 331-6

10.2 Research Publications- In Scientific Meetings

1. Risk factors for breast cancer among women attending breast cancer clinics in the Apeksha hospital Maharagama: A case-control study. Chathurangika H, Lenora J. Oral Presentation at Faculty of Medicine Annual Academic Sessions 2023, Ruhuna Journal of Medicine, November 2023, Vol 11: No 1, page 67
2. Knowledge and Practices on Menstrual Hygiene Management Among Female Undergraduates of University of Ruhuna Premchandra JSM, Punchihewa NT, Primali KGN, Rajapaksha MSM, Lenora RSJ. Poster Presentation at the Faculty of Medicine Annual Academic Sessions 2023, Ruhuna Journal of Medicine, November 2023, Vol 11: No 1, page 103
3. Age related changes in handgrip strength and anthropometric measures and their associations in women. Alwis G, Lenora J. Poster presentation in the MSF Asia Scientific Days and International Conference on Medical Sciences, August 2022, Faculty of Medical Sciences, University of Sri Jayawardenapura.
4. Accuracy of body mass index cut off values in the diagnosis of nutritional status in children: a comparison among different international classification systems de Silva MHAD, Alwis G, Hewawasam RP, Lenora J. Presented at Sri Lanka Medical Association 134th Annual Academic Sessions 2021 September.
5. Association of bone turnover markers with trabecular bone score and bone mineral density among pre and postmenopausal women; A study from Sri Lanka. H Rathnayake, Lekamwasam S, Wickramatilake C, Lenora J Poster Presentation in “World Congress on Osteoporosis” Osteoarthritis and Musculoskeletal Diseases (WCO IOF-ESCEO)” Virtual Congress August 2021
6. Effect of parity and breast feeding duration on measures of sarcopenia in woman aged 40-60 years; a community based cross-sectional study, Rathnayake N, Alwis G, Lenora J, Lekamwasam S, Faculty of Medicine Annual Academic Sessions 2020, Ruhuna Journal of Medicine, November 2020, Vol 8: No 1, page 73
7. Profile of stress of elderly female adolescents in Galle educational zone: A descriptive study. Madhushanthi HJH, Wimalasekara SW, Goonewardena CSE, Amarasekara AATD, Lenora RSJ Poster presentation at the Faculty of Medicine Annual Academic Sessions 2020, Ruhuna Journal of Medicine, November 2020, Vol 8: No 1, page 84
8. Association of bone turnover markers with body composition and serum high sensitivity C-reactive protein levels in adult women. Rathnayake H, Lekamwasam S, Wickramatilake CM, Lenora J, De Zoysa E. Faculty of Medicine Annual Academic Sessions 2020, Ruhuna Journal of Medicine, November 2020, Vol 8: No 1, page 89

9. Development and Cross-validation of Anthropometric Predictive Equations to Estimate Total Body Fat Percentage in Adult Women in Sri Lanka, N. Rathnayake, G. Alwis, J Lenora, S Lekamwasam, 17th Academic Sessions-2020, University of Ruhuna page 64, (oral) 5th March 2020.
10. Relationship between Pattern of Physical activity and Bone mineral Density and Bone Mineral Content in a group of postmenopausal women in Sri Lanka, N. Rathnayake, G. Alwis, J Lenora, S Lekamwasam, 17th Academic Sessions-2020, University of Ruhuna page 65, (poster) 5th March 2020.
11. Optimal cut off values for Anthropometric Adiposity Measures of Sri Lankan Adult women, Rathayake N, G Alwis, J Lenora, S Lekamwasam, 2nd research symposium, Faculty of Allied Health Sciences (oral) (RuFARS 2019) page 51
12. Impact of health promoting lifestyle education intervention on cardiovascular disease risk indicators in postmenopausal women, N Rathnayake, G Alwis, J Lenora and S Lekamwasam, oral presentation at KDUiRC- 12th INTERNATIONAL RESEARCH CONFERENCE, Sri John Kothalawala Defense University, 11th-12th September 2019, page 237
13. Association between bone mineral density and body composition; a study involving pre and postmenopausal women, Rathayake N, G Alwis, J Lenora, S Lekamwasam, RJM, Ruhuna Journal of Medicine, August 2019; vol 7: No1, page 75.
14. Prior Fracture Physical Dependence, Co-Morbidity and One-Year Survival of HIP Fracture Patients; Data from A HIP Fracture Registry in Sri Lanka Thilina Abeygunasekara, Sarath Lekamwasam, Janaka Lenora, Gayani Alwis, December 2019, Age and Ageing 48(Supplement_4):iv13-iv17DOI: 10.1093/ageing/afaa011(abstract165), 1st world Congress on Falls and Postural stability, Kuala Lumpur, Malaysia December 4-7, 2019
15. Falls among middle aged community dwelling women in a rural territory of Sri Lanka. Nirmala Rathnayake, Sarath Lekamwasam, Gayani Alwis, Janaka Lenora. Age and Aging 2019; 48 Supplement 4 iv 18-v27 (Abstract 107), 1st world Congress on Falls and Postural stability, Kuala Lumpur, Malaysia December 4-7, 2019
16. Factors associated with hand grip strength of a group of pre and post-menopausal women from Sri Lanka. Nirmala Rathnayake, Sarath Lekamwasam, Gayani Alwis, Janaka Lenora. Age and Aging 2019; 48 Supplement 4 iv 18-v27 (Abstract 108), 1st world Congress on Falls and Postural stability, Kuala Lumpur, Malaysia December 4-7, 2019
17. Associations of Anthropometry and Body Composition on Femoral Neck Geometry in Swedish Adolescents, Alwis G, Lenora J, Karlsson MK, oral presentation (BT 04) at 25th ISCD, Kaula Lumpur, Malaysia, 22nd March 2019.
18. Associations of Anthropometry and Body Composition on Femoral Neck Geometry in Pre-pubertal Girls, Alwis G, Lenora J, Karlsson MK, poster presentation (MM 02) at 25th ISCD, Kaula Lumpur, Malaysia, 20th -23rd March 2019.
19. Associations of Anthropometry and Body Composition on Femoral Neck Geometry in Pre-pubertal Boys, Alwis G, Lenora J, Karlsson MK, poster presentation (MM 03) at 25th ISCD, Kaula Lumpur, Malaysia, 20th -23rd March 2019.
20. Impact of Menopause on Measures of Sarcopenia in Middle-Aged Sri Lankan Women; a Cross-Sectional Study, Rathnayake N, Alwis G, Lenora J, Lekamwasam S, poster presentation (CO 011) at 25th ISCD, Kaula Lumpur, Malaysia, 20th -23rd March 2019.

21. Fragility hip fracture incidence in Sri Lanka, Abeygunasekara T, Lekamwasam S, Lenora J, Alwis G, poster presentation (RE 05) at 25th ISCD, Kaula Lumpur, Malaysia, 20th - 23rd March 2019.
22. Delayed peak bone mineral density in women in Sri Lanka; A cross sectional study, Rathnayake N, Alwis G, Lenora J, Lekamwasam S, poster presentation (RE 04) at 25th ISCD, Kaula Lumpur, Malaysia, 20th- 23rd March 2019.
23. Optimal cut off values for Anthropometric Adiposity Measures of Sri Lankan Adult women, Rathnayake N, G Alwis, J Lenora, S Lekamwasam, 2nd research symposium, Faculty of Allied Health Sciences (oral) (RuFARS 2019) page 51
24. Impact of health promoting lifestyle education intervention on cardiovascular disease risk indicators in postmenopausal women, N Rathnayake, G Alwis, J Lenora and S Lekamwasam, oral presentation at KDUiRC- 12th INTERNATIONAL RESEARCH CONFERENCE, Sri John Kothalawala Defense University, 11th-12th September 2019, page 237
25. Association between bone mineral density and body composition; a study involving pre and postmenopausal women, Rathnayake N, G Alwis, J Lenora, S Lekamwasam, RJM, Ruhuna Journal of Medicine, August 2019; vol 7: No1, page 75.
26. Association between bone mineral density and cardiovascular disease risk in pre and postmenopausal women, Rathnayake N, Alwis G, Lenora J and Lekamwasam S, oral presentation (OP 17) at 132nd Anniversary International Medical Congress of Sri Lanka Medical Association, 24th-27th July 2019, page 17
27. Prevalence of generalized and central obesity in a group of pre and postmenopausal women in Galle, Nirmala Rathnayake, Gayani Alwis, Janaka Lenora and Sarath Lekamwasam, oral presentation at 16th Annual academic sessions of University of Ruhuna, Sri Lanka, (2019)
28. Nutritional state and neurocognitive performance of early female adolescents in Galle Municipal area, HJH.Madhushanthi, Janaka Lenora, Savithri Wimalasekera, Goonewardena CSE . 2018 Conference: 5th Biennial Conference of South Asian Association of Physiologist (SAAP-V) in conjunction with 2nd Annual Conference of Physiological Society Of Nepal (PSN), Kathmandu university, Nepal.
29. Validation of Sinhala version of health promoting lifestyle profile-II for postmenopausal women in Sri Lanka, N Rathnayake, G Alwis, J Lenora, N Priyadarshani, H Dias, S Lekamwasam, (Oral presentation) at Annual Academic Sessions 2018 Physiological Society of Sri Lanka, OP 4, page 35, 16-17 November 2018
30. Impact of physical activity pattern on quality of life of pre and postmenopausal women; a cross sectional study, Rathnayake N, Alwis G, Lenora J, Lekamwasam S. (Oral presentation) at 6th Faculty of Medicine Academic Sessions, 15-16 November 2018, Ruhuna Journal of Medicine, vol 06, OP 5, page 30,
31. Impact of Health Promoting Lifestyle Modification Education Intervention on Anthropometric Adiposity Measures and Physical Performance of postmenopausal women. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. (Oral presentation), at proceedings of 1st Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka, OP1, page 2, 8th November 2018
32. Impact of health promoting life style modification education intervention on health related quality of life of postmenopausal women Nirmala Rathnayake, Gayani Alwis, Janaka Lenora and

- Sarath Lekamwasam (Oral presentation) at 77th Annual Academic Sessions of the Galle Medical Association, GMJ, vol 23, sup 1, page 2, October 2018
33. Impact of health promoting life style modification education intervention on knowledge, attitude and health promoting behaviors of postmenopausal women Nirmala Rathnayake, Gayani Alwis, J Lenora and S Lekamwasam (Poster presentation) at 77th Annual Academic Sessions of the Galle Medical Association, GMJ, vol 23, sup 1, page 32, October 2018
 34. Cross cultural adaptation and psychometric properties analysis of Sinhala version of Menopause Specific Quality of Life Questionnaire – A validation study” N Rathnayake, J Lenora, G Alwis, S Lekamwasam. (Oral presentation) at 4th Global public health conference held in Sri Lanka (2018)
 35. Impact of life style modification education intervention on menopausal symptoms and menopause specific quality of life of postmenopausal women N Rathnayake, J Lenora, G Alwis, S Lekamwasam. Oral presentation at 1st Nursing congress of University of Peradeniya, Sri Lanka (2018)
 36. Prevalence of sarcopenia in a group of middle aged women from Galle, Sri Lanka” N Rathnayake, G Alwis, J Lenora, S Lekamwasam Poster presentation at 15th Annual academic sessions of University of Ruhuna, Sri Lanka, (2018)
 37. Impact of nutrients on measures of sarcopenia among pre and postmenopausal women in Galle, Sri Lanka, N Rathnayake, G Alwis, J Lenora, S Lekamwasam Oral presentation at Annual academic sessions of Nutrition Society of Sri Lanka, (2018)
 38. Normative reference values for measures of sarcopenia for Sri Lankan women” N Rathnayake, G Alwis, J Lenora, S Lekamwasam Oral presentation at International Research Conference of Peradeniya University (iPURSE), Sri Lanka (2017)
 39. Menopause Rating Scale-Cross cultural adaptation and psychometric validation of Sinhalese version N Rathnayake, J Lenora, G Alwis, S Lekamwasam Oral presentation at International Research Conference of Peradeniya University (iPURSE), Sri Lanka (2017)
 40. Prevalence and associated social-reproductive determinants of menopausal symptoms among pre and postmenopausal women in Galle, Sri Lanka” N Rathnayake, J Lenora, G Alwis, S Lekamwasam Oral presentation at Annual academic sessions of Open University of Sri Lanka, (2018)
 41. Impact of socio-demographic status on quality of life of selected group of pre and postmenopausal women in Galle, Sri Lanka. N. Rathnayake, J. Lenora, G. Alwis, S. Lekamwasam, Oral presentation with abstract publication at International Research Conference, Kotalawela Defense University, Rathmalana, Sri Lanka. August 2017.
 42. Influence of physical activity pattern on non-communicable diseases among adults in Beruwala MOH area, Sri Lanka. BDD Lakmali, G Alwis, PN Kariyawasam, poster presentation with abstract publication at 10th International Research Conference, Kotalawela Defense University, Rathmalana, Sri Lanka, August 2017.
 43. Prevalence and related risk factors of recurrent falls among ambulatory community dwelling elderly in Galle district, Sri Lanka. N Pryadarshani, G, Alwis, N Rathnayake, Oral presentation with abstract publication at 10th International Research Conference, Kotalawela Defense University, Rathmalana, Sri Lanka August 2017.
 44. Comparison of association between appendicular skeletal muscle mass and bone mineral densities at different sites of pre and postmenopausal women. N Rathnayake, J Lenora, G Alwis, S

- Lekamwasam Poster presentation in WCO-IOF-ESCEO- 2017 March in Florance Italy. (P 753 Osteoporosis International Vol 28 (S1) March 2017)
45. Associations of measures of sarcopenia among middle aged women with focus on their age and menopausal status. N Rathnayake, G Alwis, J Lenora, S Lekamwasam. Poster presentation, at World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (WCO-IOF-ESCEO) 2017 March in Florance Italy. (P 739 Osteoporosis International Vol 28 (S1) March 2017)
 46. Concordance between measured and estimated Appendicular Skeletal Muscle Mass with Models developed in the West and Asia: What is the best for Sri Lankan adult women? N Rathnayake, G Alwis, J Lenora, S Lekamwasam. Poster presentation, at WCO-IOF-ESCEO- 2017 March in Florance Italy. (P 735 Osteoporosis International Vol 28 (S1) March 2017)
 47. Development and cross validation of two predictive models to estimate the Appendicular Skeletal Muscle Mass in adult women in Sri Lanka N Rathnayake, G Alwis, J Lenora, S Lekamwasam. Poster presentation, at WCO-IOF-ESCEO- 2017 March in Florance Italy. (P 740 Osteoporosis International Vol 28 (S1) March 2017)
 48. Do anthropometric indices predict the Bone Mineral Density of pre and postmenopausal women? N Rathnayake, G Alwis, J Lenora, S Lekamwasam. Poster presentation, at WCO-IOF-ESCEO- 2017 March in Florance Italy. (P 742 Osteoporosis International Vol 28 (S1) March 2017)
 49. Impact of menopausal symptoms on quality of life of premenopausal and postmenopausal women. N Rathnayake, S Lekamwasam, G Alwis, J Lenora Poster presentation at Annual Academic Sessions of Physiological Society of Sri Lanka (2016).
 50. Association of appendicular skeletal muscle mass with performance-based and self-reported physical functions among middle aged healthy women. N Rathnayake, S Lekamwasam, G Alwis, J Lenora Oral presentation with abstract publication at Annual Academic Sessions of Physiological Society of Sri Lanka (2016).
 51. Hip fracture rates in Asia; T U Abeygunasekara, S Lekamwasam, J Lenora, G Alwis (Abstract published online at Osteoporosis International Journal Supplements) Poster presentation at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore (2016, November)
 52. Associations between appendicular skeletal muscle mass and anthropometric measures among middle-aged women : A study from Sri Lanka. N Rathnayake, S Lekamwasam, G Alwis, J Lenora. (Abstract published at Osteoporosis International Journal Supplements) Poster presentation with abstract publication at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore (2016, Nov)
 53. Age related differences in lean mass and physical functions among middle-aged women in Southern Sri Lanka: A study from Sri Lanka. N Rathnayake, S Lekamwasam, G Alwis, J Lenora. (Abstract published online at Osteoporosis International Journal Supplements) Poster presentation at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore (2016, November)
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 68. Prevalence of vertebral fracture among postmenopausal women in southern Sri Lanka. S Lekamwasam, P Kolombage, J Lenora. Poster presentation at the 7th European Congress on Clinical and Economic aspect of Osteoporosis and Osteoarthritis (ECCEO7) March 28-31 Porto Portugal. (*Osteoporosis International* 2007, Vol 18 (Supl-1), P206, pp S81).
 69. Prediction of bone loss using biochemical markers of bone turnover. Lenora J, Ivaska KK, Gerdhem P, Obrant KJ. Poster presentation at World congress on osteoporosis (WCO) 2006, Toronto, Canada June 2-6 2006. (*Osteoporosis International* 2006, Vol 17 (Supl-2), P716SU. pp S211
 70. Skin fold thickness and Bone mineral Density of Women. Lenora RSJ, Lekamwasam S, Poster Presentation in the 5th European Congress on Clinical and Economic aspect of Osteoporosis and Osteoarthritis (ECCEO5) March 16-19 Rome. (*Osteoporosis International* 2005, Vol 16 (Supl-3), P254
 71. Predicting postmenopausal osteoporosis using risk factors. Lekamwasam S, Lenora RSJ Platform presentation at the 117th Anniversary Academic sessions at Colombo, (OP-47)–26th March 2004
 72. Association between respiratory function and bone density among Asian women. Mendis De Silva M G U, Lenora RSJ, Lekamwasam S Poster presentation in the 1st joint meeting of International Bone and Mineral society (IBMS) and Japanese Bone And Mineral society (JSBMR),3-7 June 2003. Osaka Japan (*BONE* 2003 may Vol 32(5) Supplement, S-174, P 339S)
 73. Age-related trends in hip cross-sectional geometry in Asian women. Lekamwasam S, Beck TJ, Lenora RSJ Oral presentation in the 1st joint meeting of International Bone and Mineral society (IBMS) and Japanese Bone And Mineral society (JSBMR),3-7 June 2003. (*BONE* 2003 may Vol 32(5) Supplement S-86, OR 54F)
 74. The effect of Breast feeding on bone mineral density: A community based study in Asia. Lenora RSJ, Lekamwasam S Poster presentation in the 1st joint meeting of International Bone and Mineral society (IBMS) & Japanese Bone And Mineral society (JSBMR),3-7 June 2003. ((*BONE* 2003 may Vol 32(5), Supplement S-174, P340 W)
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 76. Prevalence of osteoporosis and age related trends in bone density in Sri Lankan women: a community based study. Lenora RSJ, Lekamwasam S, Wijayanayake WDAK, Madarasinghe N P Oral presentation at the annual sessions of Sri Lanka Medical Association – Colombo, 27th March 2003
 77. Specificity and sensitivity of different skeletal sites in diagnosing osteoporosis and the degree of misclassification at each site. Lekamwasam S, Lenora RSJ Oral presentation at the annual Sessions of Physiological society of Sri Lanka 19/09/2002 (Proceedings PSSSL 2002 pp1)

78. Self reported tooth loss and bone mineral density among Asian women. Lekamwasam S, Lenora RSJ. Poster presentation at the 12th annual scientific meeting of Australia and New Zealand bone and mineral society, 6– 9th October 2002. Adelaide, Australia

10.3 Reviews and Feature Articles

1. Understanding menopausal symptoms and quality of life women after menopause, Rathnayake N, Alwis G, Lenora J, Lekamwasam S, Publications of the Graduate Nurses' Foundation of Sri Lanka, volume 9- Issue 1 – February 2020. ISSN 2613-8735
2. Bone turnover markers and prediction of bone loss. Lenora J, Ruhuna Medical Journal 2013
3. Use of Bone Turnover Markers in Osteoporosis. Lenora J, Ivaska KK, Gerdhem P. Clinical Reviews in Bone and Mineral Metabolism. 2010 March 1: 1-14.

11 Scientific Communications as a resource person

1. Chair and main responsible resource person in the expert committee for development of subject benchmark statement for BSc Nursing Degree programme (Appointed by University grants Commission - 2013)
2. Resource person & Chief organizer in the Post congress workshop (in conjunction to 3rd Biennial Meeting of South Asian Association of Physiologists)- on “Pathophysiology of Osteoporosis”- Held in Galle (10,11,2012)
3. Resource Person and Chairperson in free paper Session in the 3rd Biennial Meeting of South Asian Association of Physiologists. 7-9 Nov 2012 -Colombo
4. Resource person in workshop on Research Methodology- By Government Medical Officers Association and Sri Lanka Medical Association. January 2012
5. Resource person in Symposium on Postmenopausal osteoporosis-by Sri Lanka Medical Association (Topic of the lecture “Pathophysiology of postmenopausal osteoporosis” held at SLMA Auditorium (July 27,2012)
6. Resource person- Regional Seminar on Osteoporosis, Organized by Osteoporosis Sri Lanka and GARNET 2010 March
7. Resource person in Workshop on Research methodology organized by Haematological Society of Sri Lanka June 2010.
8. Post graduate lecture on “Calcium Metabolism” – Galle Medical Association March 2010

12 Awards and Grants

1. Delivered the ACE Koch memorial lecture of the Physiological Society of Sri Lanka, at the regional meeting held on 09th of September 2023, at Faculty of Medicine, University of Ruhuna. Title was “Muscles in Ageing”
2. Oration of the 73rd Annual Academic Sessions of the Galle Medical Association 2014. Title of the oration “Predication of bone loss using bone turnover markers” Oration was printed & published in Galle Medical Journal; 2015 March:1: pp 23-30

3. **“CNAPT” award** of Sri Lanka Medical Association for best international publication of the year 2003. (Journal Clinical Densitometry 2003 Winter; 6(4): 331-6)
4. Travel grant from National Science Foundation of Sri Lanka to attend the 1st joint meeting of Japanese Society of Bone and Mineral Research (JSBMR) and International Bone and Mineral Society (IBMS), 2003 June.
5. Swedish Institute scholarship (Guest scholarship programme) to research training in Sweden for 9 months (Sept 2004-May 2005).

13 Student Supervision as a co-supervisor (04)

1. RHMPN Rathnayake PhD degree (University of Ruhuna) 2019
Title of the Thesis : **Effects of Menopause on Bodily Structure, Functions and Physical Health.** Awarded the Gold Medal for Best PhD at the 2021 Convocation of University of Ruhuna.
2. HJH Madhushanthi MPhil degree (University of Sri Jayawardenapura) 2019
Title of the Thesis: **Nutritional and Psychosocial Factors Affecting Cognitive Function and Educational Performance of Early Female Adolescent School Children in Galle Educational Zone**
3. TUW Abeygunasekara MPhil degree (University of Ruhuna) 2020
Title of the Thesis: **Fragility Hip Fracture; Clinical Outcome and Burden on Health Care System**
4. MRP Hasanga MPhil degree (University of Ruhuna) 2020
Title of the Thesis: **Age related trends and population specific reference ranges of bone mineral density and biomarkers of bone turnover in adult females**

In addition to that I have supervised over 20 undergraduate projects. They included the supervision of designing the study, proposal writing, data collection, thesis writing and publication in a scientific conference.

14 Google scholar

<https://scholar.google.com/citations?hl=en&user=yz1QIMEAAAAJ>

15 References

1. Senior Professor Sampath Gunawardena,
Senior Professor of Physiology,
Faculty of Medicine, University of Ruhuna,
PO Box 70, Karapitiya, Galle,
E mail: sampathgu@yahoo.com

2. Senior Professor T P Weeraratna,
Senior Professor of Medicine and Dean
Faculty of Medicine, University of Ruhuna,
PO Box 70, Karapitiya, Galle,