



Prof. Sarath Lekamwasam

MBBS (Peradeniya), MD (Colombo), FRCP (London), PhD (Erasmus)

Fellow of the Ceylon College of Physicians

Hon. Fellow of the College of Physicians (South Africa)

Hon. Fellow of the Royal Australasian College of Physicians

Hon. Fellow of the Royal College of Physicians and Surgeons, Pakistan

Hon. Fellow of the Sri Lanka College of Endocrinologists

Current position: Chair Professor, Department of Medicine, Faculty of Medicine, Galle, Sri Lanka

Main Area of Research: Population Health, osteoporosis, diseases of the elderly

Other positions held concurrently

- Head, Population Health and Research Center, Faculty of Medicine, University of Ruhuna
- Certified surveyor of Australian Health Care Standards
- Consultant to Medro-Asia
- Member of the National Council of Accreditation of Health Care appointed by the Ministry of Health, Sri Lanka
- Member of the Scientific Advisory Committee of the International Osteoporosis Foundation
- Member of the Asia Pacific Regional Advisory Council of International Osteoporosis Foundation
- Chief Editor: Galle Medical Journal
- Editor of the Ceylon Medical Journal, Ceylon Journal of Medical Sciences, Journal of the Collage of Physicians and the Journal of Metabolic and Endocrine Diseases of Sri Lanka
- Trainer in Endocrinology in Postgraduate Institute of Medicine, Colombo University
- Chairperson, Medical advisory committee, Hemas Southern hospital, Galle

Positions held in the past

- Dean, Faculty of Medicine, University of Ruhuna, 2014 March-2017 March
- President, Ceylon College of Physicians, 2012
- President of the Galle Medical Association (2004), Ruhuna Faculty of Medicine Teachers' Association (2004) and Osteoporosis Sri Lanka (2010-2012)

Contributions in books

1) Glucocorticoid-induced osteoporosis: Guidelines for prevention and treatment. Dec 2002.
Royal College of Physicians of London, ISBN 1 86016 173 1.

2) Principal author of Sri Lankan Chapter of Asian Osteoporosis Audit launched in Beijing, China, 2009 Sep

Achievements

1) Established the first DXA machine in Sri Lanka in 1998 and the Center for Metabolic Bone Diseases in the Department of Medicine, Galle

2) Commonwealth Fellow 2000-2001: Department of Medicine, Cambridge University, UK

3) CNAPT award by the Sri Lanka Medical Association for the best medical research in Sri Lanka in 2004

6) Presidential awards for Scientific Research in July 2010

7) Health Research Prize of the Kandy Society of Medicine 2011 for continuing research in a selected area of Medicine and national/international contribution.

4) Best overseas paper by British Geriatric Society for paper on Elder abuse in Sri Lanka

5) Best research paper awards by the Galle Medical Association 2007, 2008 and 2013

8) Best poster presentation award by the Galle Medical Association 2011

Orations/Keynote speeches

1) Cyril Fernando memorial oration of the Ceylon College of Physicians 2002.

2) Galle Medical Association oration 2007

3) Sir Marcus Fernando oration of the SLMA 2007

4) Kandy Society of Medicine; Health Research Prize and oration 2011

5) Prof NDW Lionel oration of the SLMA 2013

- 6) Prof TW Wickramanayake memorial oration 2016, Nutrition Society of Sri Lanka,
- 6) Inaugural lecture for new medical undergraduates entered in 2016, Peradeniya Medical Faculty
- 6) Keynote speech in the 1st Higher Degree Progress Review Meeting. University of Ruhuna 10th Dec 2016

Supervision of Higher degrees

Name of the student	PG Degree	Year of Completion
Dr. E. I. Waidyaratne	PhD	2007
Dr. M. Rodrigo	PhD	2007
Dr. J. Nanayakkara	PhD	2013
Dr. G. Liyanage	PhD	2014
Dr. Janaka Lenora	MPhil	2007
Dr. Isuru Amarasinghe	PhD	Ongoing
Mrs. Priyanthi Nirmala	PhD	Ongoing
Mrs. M. R. P. Hasanga	MPhil	Ongoing
Mrs. E. H. Silva	MPhil	Ongoing
Mr. Thilina Abeygunawardena	MPhil	Ongoing
Mr. M Shukre	PhD	Ongoing
Mrs. Sewwandi Subasinghe	PhD	Ongoing

Research Publications

Publications in peer-reviewed indexed journals

- 44) Effect of Vitamin D therapy on urinary albumin excretion, renal functions, and plasma renin among patients with diabetic nephropathy: A randomized, double-blind clinical trial. Effects of Liyanage P, Lekamwasam S, Weerarathna TP, Liyanage C. J Postgrad Med. 2017 Oct 23. doi: 10.4103/jpgm.JPGM_598_16.
- 43) Effects of high-dose parenteral vitamin D therapy on lipid profile and blood pressure in patients with diabetic nephropathy: A randomized double-blind clinical trial. Liyanage GC, Lekamwasam S, Weerarathna TP, Liyanage CE. Diabetes Metab Syndr. 2017 Jun 3. pii: S1871-4021(17)30153-4
- 42) Clinician-administrator; challenges associated with changing roles. Lekamwasam S. MedEdPublish. <https://doi.org/10.15694/mep.2017.000099>
- 41) Validity of the 5-item Barthel Index in the assessment of physical dependence in the elderly. C Nanayakkara, S Lekamwasam. Asian J Gerontol Geriatr 2015; 10: 79–82

- 40) Concordance between measured and estimated appendicular muscle mass in adult females. Lekamwasam S, Nanayakkara J. Ceylon Med J. 2015 Sep;60(3):100-2
- 39) Preventing ragging in a Higher Education Institute in Sri Lanka; outcome of an integrated program. Sarath Lekamwasam, Mahinda Rodrigo, Madhu Wickramathilake, Champa Wijesinghe, Gaya Wijerathne, Aruna de Silva, Mayuri Napagoda, Anoja Attanayake. Accepted by the Indian Journal of Medical Ethics (In Press)
- 38) Concordance between measured and estimated skeletal muscle mass in middle and old aged women. Sarath Lekamwasam, Jeevantha Nanayakkara. Accepted by the Ceylon Medical Journal
- 37) Treatment of glucocorticoid-induced low bone mineral density in children; a systematic review. Jayasena A, Atapattu N, Lekamwasam S. Int J Rheumm Dis. 2015 Mar;18(3):287-93.
- 36) Low serum vitamin D among community-dwelling healthy women in Sri Lanka, Mahinda Rodrigo, Manjula Heattiarachchi, Chandrani Liyanage, Sarath Lekamwasam. Health Vol 5(12); Dec 2013.
- 35) Thalassaemic Osteopathy: a cross-sectional preliminary study from Sri Lanka. Dissanayake R, de Silva S, Lekamwasam S, Abeysekara G, Dissanayake VH. J Pediatr Endocrinol Metab. 2014 Mar 1;27(3-4):279-82.
- 34) Sri Lankan FRAX model and country-specific intervention thresholds. Lekamwasam S. Arch Osteoporos. 2013 Dec;8(1-2):148.
- 33) Factors that determine body composition of female systemic lupus erythematosus (SLE) patients in Sri Lanka: a comparative study using dual-energy x-ray absorptiometry. Liyanage A, Lekamwasam S, Dissanayake SP, Munidasa D. Lupus. 2013 Aug;22(9):972-6.
- 32) Validity of BMI, hip and waist circumferences as surrogate measures of obesity in a cohort of Sri Lankan premenopausal women. Nanayakkara J, Lekamwasam S. Ceylon Med J. 2013 Jun;58(2):72-5
- 31) Validity of Diabetic Neuropathy score and Diabetic Neuropathy Examination score as screening tools for detection of distal symmetrical diabetic neuropathy. Liyanage P, Lekamwasam S, Weerarathna T. J Diabetes. 2012 Sep;4(3):264-5.
- 30) A framework for the development of guidelines for the management of glucocorticoid-induced osteoporosis. Lekamwasam S, Adachi JD, Agnusdei D, Bilezikian J, Boonen S, Borgström F, Cooper C, Diez Perez A, Eastell R, Hofbauer LC, Kanis JA, Langdahl BL, Lesnyak O, Lorenc R, McCloskey E, Messina OD, Napoli N, Obermayer-Pietsch B, Ralston SH, Sambrook PN, Silverman S, Sosa M, Stepan J, Suppan G, Wahl DA, Compston JE; Joint IOF-ECTS GIO Guidelines Working Group. Osteoporos Int. 2012 Mar 21.
- 29) Physical dependency of elderly and physically disabled; measurement concordance between 10-item Barthel index and 5-item shorter version. Lekamwasam S, Karunatileke K, Kankanamge SK, Lekamwasam V. Ceylon Med J. 2011 Sep;56(3):114-8

- 28) Effects of zinc and multimineral vitamin supplementation on glycemic and lipid control in adult diabetes. Gunasekara P, Hettiarachchi M, Liyange C, Lekamwasam S. *Diabetes Metab Syndr Obes.* 2011 Jan 26;4:53-60.
- 27) Long Term Cereal-Based Nutritional Supplementation Improved the Total Spine Bone Mineral Density amongst Sri Lankan Preschool Children: A Randomized Controlled Study. M. Hettiarachchi, S. Lekamwasam, C. Liyanage. *Journal of Pediatric Endocrinology and metabolism.* 2010; 23(6):555-564.
- 26) Prevalence of Helicobacter pylori infection determined by histology in patients with different upper gastrointestinal diseases. Waidyaratne E, Mudduwa L, Lekamwasam S, Lekamwasam V, Gunawardhana H. *Ceylon Med J.* 2010;55(2):68-9.
- 25) A hospital-based study of prophylactic therapy in glucocorticoid-induced osteoporosis. Lekamwasam S. *Ceylon Med J.* 2010;55(2):44-6.
- 24) Prevalence and determinants of osteoporosis among men aged 50 years or more in Sri Lanka: a community-based cross-sectional study. Lekamwasam S, Wijayaratne L, Rodrigo M, Hewage U. *Arch Osteoporos.* 2009;4(1-2):79-84.
- 23) Application of FRAX model to Sri Lankan postmenopausal women, Lekamwasam S. *J Clin Densitom.* 2010 Jan-Mar;13(1):51-5.
- 22) 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 Health.* 2009 Jul 1:9-19.
- 21) Osteoporosis and cardiovascular risk among premenopausal women in Sri Lanka. Lekamwasam S, Weerarathna T, Rodrigo M, Arachchi WK, Munidasa D. *J Clin Densitom.* 2009 Apr-Jun;12(2):245-50.
- 20) Effect of parity on phalangeal bone mineral density in post-menopausal Sri Lankan women: a community based cross-sectional study. Lekamwasam S, Wijayaratne L, Rodrigo M, Hewage U. *Matern Child Nutr.* 2009 Apr;5(2):179-85.
- 19) Prediction of total and visceral fat contents using anthropometric measures of adiposity in women. Weerarathna TP, Lekamwasam S, Rodrigo M. *Ceylon Med J.* 2008 Dec;53(4):128-32.
- 18) Association between bone mineral density, lean mass, and fat mass among healthy middle-aged premenopausal women: a cross-sectional study in southern Sri Lanka. Lekamwasam S, Weerarathna T, Rodrigo M, Arachchi WK, Munidasa D. *J Bone Miner Metab.* 2009;27(1):83-8.
- 17) Lekamwasam S, Wijerathne L, Rodrigo M, Hewage U. Age-related trends in phalangeal bone mineral density in Sri Lankan men and women aged 20 ys or more. *J Clinical Densitometry* 2008 Nov 7.

- 16) Sarath Lekamwasam, Janaka Lenora. Age-related trends in hip geometry in Sri Lankan women; a cross-sectional study. *Journal of Bone and Mineral Metabolism.* 2007;25(6):431-5.
- 15) Sarath Lekamwasam, Lalith Wijerathna, Mahinda Rodrigo, Udu Hewage. Prevalence of osteoporosis among postmenopausal women in Sri Lanka; a cross-sectional community survey. *APLAR Journal of Rheumatology* 2007;10:234-238.
- 14) Sarath Lekamwasam, Lalith Wijerathna, Mahinda Rodrigo, Udu Hewage. Physical activity and bone mineral density. *Ceylon Med J.* 2007;52:36-7.
- 13) Sarath Lekamwasam, Mahinda Rodrigo, Wasantah Kodokara Arachchi, Duminda Munidasa. Measurements of spinal bone mineral density on Hologic Discovery DXA scanner with and without leg elevation. *J Clin Densitom.* 2007;10(2):170-173.
- 12) Sarath Lekamwasam, Janaka Lenora. Tooth loss and bone mineral density among women: a cross-sectional survey. *Ceylon Med J.* 2006;Sep 51(3):102-5.
- 11) Javaid MK, Lekamwasam S, Clark J, Dennison EM, Syddall HE, Loveridge N, Reeve J, Beck TJ, Cooper C. Infant growth influences proximal femur geometry in adulthood. *J Bone Miner Res* 2006 Apr 21 (4): 508-12.
- 10) S. Lekamwasam, M. Rodrigo, K.I.S de Silva, D Munidasa. Comparison of phalangeal bone mineral content and density between the dominant and non-dominant sides. *Ceylon Med J.* 2005 Dec; 50(4):149-51.
- 09) Amarasena S, Lekamwasam S, Jayawardena P. Cyclical pamidronate therapy in children with osteogenesis imperfecta. *Ceylon Med J.* 2005 Sep;50(3):137-8.
- 08) Lekamwasam S, Lenora J. Effect of hip flexion on the measurement of spinal bone mineral density in the Norland Eclipse XR. *J Clin Densitom.* 2005 Summer;8(2):183-6.
- 07) Siribaddana S, Lekamwasam S. Osteoporosis in Sri Lanka. *Clin Calcium.* 2004 Sep;14(9):128-33.
- 06) Lekamwasam S, Trivadi DP, Khaw KT. An association between respiratory function and hip bone mineral density in older men: a cross-sectional study. *Osteoporos Int.* 2005 Feb;16(2):204-7.
- 05) Lekamwasam S, Lenora RS. Effect of leg rotation on hip bone mineral density measurements. *J Clin Densitom.* 2003 Winter;6(4):331-6.
- 04) Gandi MK, Lekamwasam S, Inman I, Kaptoge S, Sizer L, Love S, Bearcroft PW, Milligan TP, Price CP, Marcus RE, Compston JE. Significant and persistent loss of bone mineral density in the femoral neck after haematopoietic stem cell transplantation: long-term follow-up of a prospective study. *Br J Haematol.* 2003 May;121(3):462-8.

- 03) Lekamwasam S, Trivedi DP, Khaw KT. An association between respiratory function and bone mineral density in women from the general community: a cross sectional study. *Osteoporos Int.* 2002 Sep;13(9):710-5.
- 02) Lekamwasam S, Samarasingha SL. Heat Strokes in young adults. *Ceylon Med J.* 1999 Sep;44(3):114-7.
- 01) Lekamwasam S, Lekamwasam JDVC, Liyanarachchci S. Gas under the diaphragm in x-ray may mislead. *Ceylon Med J.* 2002; 47:147.