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Professor Sarath is currently the Chair Professor of Medicine at the Faculty of Medicine, University of Ruhuna, and a specialist physician at the Teaching Hospital in Karapitiya, Galle, Sri Lanka. Additionally, he serve as the Director of the Center of Population Health at the Faculty of Medicine. Prof Sarath have previously held several positions, including Dean of the Faculty of Medicine, Chairman of the Board of Study of the PG Institute of Medicine, President of the Ceylon College of Physicians, Sri Lankan Association of Geriatric Medicine, Galle Medical Association, and Osteoporosis Society of Sri Lanka. His research interests are focused on osteoporosis, FRAX, sarcopenia, and diseases that affect older adults.