



AHMEDABAD OBSTETRICS AND GYNAECOLOGICAL SOCIETY

AOGS TIMES

Nirvana

DECEMBER 2022 | VOLUME 9

Theme : Healthy Woman - Healthy Nation

Motto : Ethics Compassion Commitment

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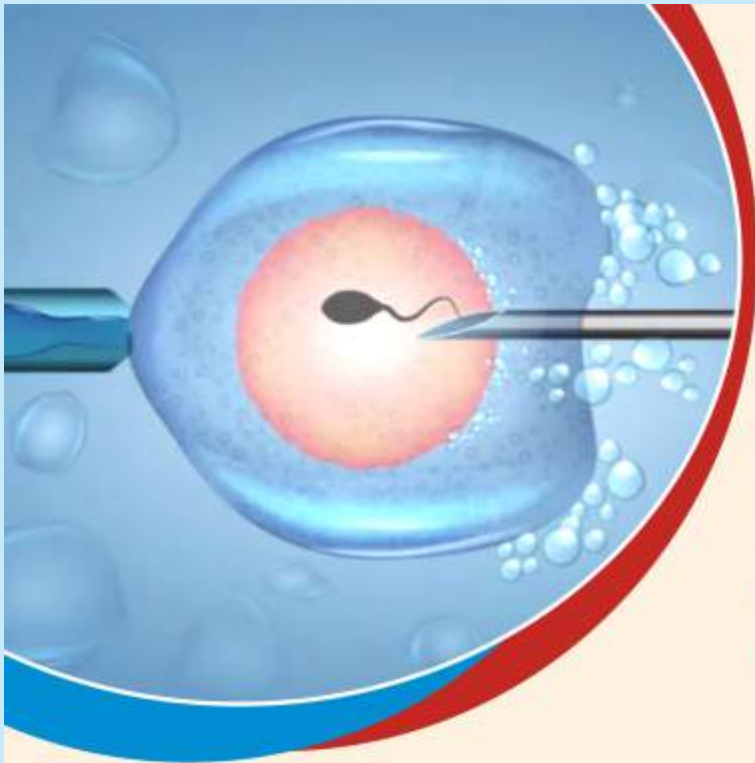
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Dr. Kamini Patel
President

TEAM AOGS MESSAGE



Dr. Nita Thakre
Hon. Secretary

From *hope* to *it will happen*

Aash (hope) is a small word but our entire life works on this little fairy word.

We work hard, in hope of getting a good return
We love, unconditionally in hope of getting loved,
We respect, in hope of getting back the same,
We pray, in hope of getting heard one day...

Our entire life we hope to have life we always dreamt.

This little word gives us a look to the better future – expecting a better future.

Replacing this just one little word "આશ" with "તે થશે – (it will happen)" will bring an entirely new positivity towards living a life.

This "તે થશે" attitude is our team has brought has today at a stage where we can proudly present our new AOGS premises to our AOGS members. This has been a roller coaster ride and this has come true due to the blessings of our seniors. Building Committee has been the front-line players in making this possible. We are overwhelmed to present you the new AOGS premises. By the grace of God, we are conducting our first CME on 5th February 2023 at banquet hall of new AOGS Premises.

Covid has become a blessing in life.

Ever since we lived a covid life – it has brought a new compassion in us, the humans. Compassion and kindness are the key points in a doctor's life. Having compassion towards our patients can bring out a beautiful trust factor and 90% of the problem is already solved. Patients do understand that there is minute percentage of human error and God's play when they are being treated by doctors. But having compassion and understanding their pain makes them believe that someone is with them in their bad times.

Spare some time to listen to our patients and become a part of their journey. Spare some time to read a beautiful little poem which narrates that life is not in greed neither in running behind our desires. Life is in simple things encapsulated with compassion.

This Covid is like we woke up to a new world.
We humans, are greedy – greedy without boundaries
In this lockdown, where is the romance of Paris?
Where is the power of The States?
Where is the magic from Disney?
Where is the sleepless New York?

Where is the religion fight now?
Where is our greed now, to run, to earn, and to be superior?
Look at the power beyond us that has given us the pause moment and has reinstalled each one of us.

This lockdown actually helped us to wake up to a beautiful morning, morning where
Families bonded,
Visiting grandparents is out of love now,
Gardens grew, Birds visit them often now,
Butterflies got its wings, Birds talked & humans listed to them sipping their tea in the evenings,
People were calm so was the sun,
Skies was blue and sunsets were beautiful again,
Pen friend came back, feelings were back, humans bonded – Humanity was back.
Love did the magic to live our lives again that we miss the most that we recite in the stories.
We understood that power is not valuable enough and money is not powerful enough.
Covid love gave us the chance to be Humans Again.

FUTURE PROGRAMME

Apollo CBCC Cancer Care & Ahmedabad Obs-Gynec Society
Invites you for the Scientific Feast on

Date & Time:
5th February 2023, Sunday
09:30 AM Onwards

Venue:
AOGS Banquet Hall, Dream Icon Building,
Nr. Krupa Patel Pump, Parimal Garden,
Ellisbridge, Ahmedabad



Dr. Swati Shah
 MS, DNB
 Robotic & Laproscopic
 Uro & Gynaec. Oncosurgeon



Dr. Akash Shah
 MD, DM
 Consultant, Medical
 Oncologist



Dr. Kamini Patel
 MBBS, DGO
 Gynecologist
 President, AOGS



Dr. Nita Thakre
 MBBS, MD
 Gynecologist & Obstetrician
 Hon. Secretary, AOGS

Scientific Programme

Time	Topic	Speakers
09.30 to 10.00	Breakfast & Registration	
10.00 to 10.15	Welcome Address	
10.15 to 11.15	Talks :	
	Chairperson : Dr. Fagunbhai Shah, Dr. Sushmaben Shah	
	Recent Trends in Gynec Cancers	Dr. Swati Shah
	Social Egg Freezing	Dr. Kamini Patel
	Hereditary Breast & Ovary Cancer	Dr. Akash Shah
11.15 to 01.00	Panel Discussion	
	How to Manage Ovarian Mass in 2023? Moderator : Dr. Swati Shah Panelists : Dr. Sandip Shah, Dr. Swapan Desai, Dr. Rushit Shah, Dr. Divyesh Panchal, Dr. Bijal Patel, Dr. Ronak Bhansali	
	Oncology & Fertility Moderator : Dr. Akash Shah Panelists : Dr. Vivek Bansal, Dr. Shubha Sinha, Dr. Jewel Banker, Dr. Mehul Sukhadia, Dr. Bhavit Shah, Dr. Krupa Shah	

01.00 pm onwards : LUNCH

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Thank you! Team AOGS!

FUTURE PROGRAMME



CME 2023 ANAND-NADIAD Association with SOGOG

Date : 12-02-2023 - Sunday

Time : 9.00 am to 02.00 pm

**Place : "KESAR BANQUET" The Mango Court Yard
Piplaj Chokdi, Nadiad - Petlad Rd, Nadiad, Gujarat**



Dr. Kamini Patel
President
SOGOG



Dr. M. C. Patel
Convener (Hon. Secretary)
SOGOG

TALK 1

09.00 am to 09.20 am



Speaker : Dr. M C Patel

Topic : ART and Law

TALK 2

09.20 am to 09.40 am



Speaker : Dr. Alpesh Gandhi

**Topic : "Rational Use Of Blood
Components in Obstetrics"**

TALK 3

09.40 am to 10.00 am



Speaker : Dr. Kamini Patel

Topic : Social Egg Freezing

PANEL 1

IUGR and Ultrasound Case base Management

10.00 am to 10.45 am

Moderator : Dr. Dhaval Patel (Anand)



Panelists :

- Dr. Rohit Sanghani
- Dr. Ripal Gevariya Parikh
- Dr. Bhargav Patel
- Dr. Jitendra Patel
- Dr. Monika Batra
- Dr. Biraj Thakkar

PANEL 2

Management for Endometriosis

10.45 am to 11.30 am

Moderator : Dr Pinky Kataria



Panelists :

- Dr. Umesh Shah
- Dr. Brijesh
- Dr. Yagnesh Patel
- Dr. Priyanka Purohit
- Dr. Paresch Parmar
- Dr. Grishma Chavda

Breakfast : 9:00 AM TO 10:00 AM - LUNCH : 1:00 PM TO 2:00 PM

AOGS - NEW MEMBERS LIST



**Dr. Patel Dharmesh
Jayantibhai**



**Dr. Agarwal Sagar
Ashokbhai**



AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY SOCIAL SECURITY SCHEME

આપણી સોસાયટીની સોશિયલ સિક્યોરીટી સ્કીમ આશરે છેલ્લા ૧૫ વર્ષથી ચાલે છે.

IMA અને AMA ની જેમ આ આપણી પોતાની ગાયનેક સોસાયટીની

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રૂા. ૩,૨૫,૦૦૦ જેવી માતબર રકમ મળી શકે છે. જેમ મેમ્બર્સની સંખ્યા વધતી જશે તેમ આ DFC Amount વધતું જશે.

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જે AOGS મેમ્બર હવું સુધી આ સ્કીમનાં મેમ્બર ન થયા હોય તેમને સત્વરે મેમ્બર થવાં અનુરોધ.

ફોર્મ અને વિગતો AOGS ઓફિસમાંથી ઉપલબ્ધ છે ઓનલાઇન મેમ્બરશીપનો વિકલ્પ પણ ઉપલબ્ધ છે

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Congratulations



Dr. Alpesh Gandhi

51st oration - SOGOG Oration during SOGOG Conference and

52nd oration - The most precious oration of FOGSI .

'FOGSI's AICOG conference oration' at Kolkata during recent 65th AICOG Conference

MEDICAL NEWS UPDATE

A Surgical Milestone To Protect Fertility in Young People With Cancer

Shannon Quinn learned she had stage 3 rectal cancer just before her 27th birthday. Her startling diagnosis highlights a disturbing trend: a persistent rise over the past several years of younger people developing cancer in the colon or rectum. These young patients are suddenly forced to confront not just a gauntlet of treatments — surgery, chemotherapy, and radiation — but also how their side effects could change the trajectory of their lives.

For example, cancer treatments like chemotherapy and radiation can impair fertility. Shannon had not made any decision about having children, but these possible effects were one more thing she had to consider as she weighed her treatment options.

After speaking with local doctors, her gastroenterologist recommended she get a second opinion from Memorial Sloan Kettering Cancer Center (MSK) surgeon Martin Weiser, and then medical oncologist Zsofia Stadler. Shannon started chemotherapy, but after a few months, the chemotherapy wasn't enough to reduce the tumor and kill cancer cells that had spread to a few lymph nodes. Shannon would also need radiation.

She met with MSK radiation oncologist Carla Hajj. Dr. Hajj explained that the treatment would be effective but that Shannon needed to be aware of a major issue: Radiation to the pelvis can damage tissue in the uterus and make it difficult — if not impossible — to bear children. Shannon faced the prospect of a permanent repercussion from her treatment.

However, there was hope: MSK was offering a revolutionary surgical procedure to preserve fertility. Unlike other methods — such as freezing eggs for use later in a surrogate — this approach could enable Shannon to give birth herself.

Uterine Transposition: A Groundbreaking Procedure

This procedure, called uterine transposition, involves temporarily moving the uterus up to the abdominal wall to avoid damage from radiation to the pelvis. Shannon had learned about the technique from doctors in Brazil, who pioneered the operation in 2018. (Two women who had the procedure from these doctors have since gotten pregnant, and one has given birth.)

The surgery was part of a highly coordinated treatment plan by MSK specialists. First, Shannon completed her chemotherapy. Then in December 2020, MSK gynecologic surgeon Mario Leitao, Dr. Leitao and Dr. Jennifer Mueller, performed the transposition, moving the uterus as well as the ovaries up into the abdomen. The procedure took about two and a half hours. Shannon was able to go home the same day.

Soon after, Dr. Hajj administered radiation over five sessions to further shrink the tumor.

In May 2021, Shannon was ready for the second operation to remove the tumor. This surgery required exquisite coordination between Drs. Leitao, Mueller, and Weiser in the operating room at the main hospital at MSK. They realized that the uterus would block access to the tumor if it was still attached to the abdominal wall. So Dr. Leitao first had to detach the uterus before Dr. Weiser could then go in and take out the cancer.

Dr. Weiser removed the tumor and 13 nearby lymph nodes in case the cancer had spread. Then Dr. Leitao repositioned the ovaries and uterus in the pelvis. The entire surgery was minimally invasive using robotic assistance. Shannon's recovery was fast.

Nearly a year later, Shannon is cancer-free and still doing well. Her menstruation has resumed, a sign she has retained her fertility.

Since Shannon's procedure, Drs. Leitao and Mueller have already done three more uterine transpositions and predict many more patients will be good candidates in the coming years. "We expect to perform this surgery mostly in people with rectal and anal cancers. But in theory, this procedure could be used in anyone who will need to receive radiation in the pelvis for their disease," Dr. Leitao says.

Source: Memorial Sloan Kettering Cancer Center

Social Egg Freezing



Dr. Vani Patel

"Egg Freezing gives women the right to plan their pregnancy"

This is a topic that is becoming increasingly relevant as women are choosing to delay starting a family in order to focus on their careers, education, and personal goals. Social egg freezing, also known as elective egg freezing, is the process of freezing a woman's eggs for later use, when she is ready to start a family. This technology has come a long way in recent years, and has become a viable option for women who want to preserve their fertility for the future.

One of the main benefits of social egg freezing is that it gives women the ability to control their reproductive timeline. It allows them to take charge of their fertility and make decisions that align with their personal and professional goals.

Another advantage of social egg freezing is that it can also provide peace of mind. Many women who choose to freeze their eggs do so because they are concerned about the potential decline of their fertility as they get older. By freezing their eggs early on, they are able to preserve their fertility and reduce the risk of age-related infertility.

It's important to note that social egg freezing is not a guarantee of pregnancy, but it does increase the chances of having a baby later in life. Also, the success rate may vary depending on a woman's age, and the quality of her eggs at the time of freezing. However, it's not just about the science behind it. Social egg freezing also has a social and cultural impact as it allows women to be more in control of their lives, and gives them more choices and opportunities.

Finally, I want to stress the importance of discussing this option with your doctor. They will be able to provide personalized advice and answer any questions you may have. In conclusion, social egg freezing is a powerful tool that can help women take control of their reproductive timeline and achieve their personal and professional goals. It's a personal decision and should be made after careful consideration and consultation with a healthcare professional.

EVENTS CALENDAR

- 19th-22nd February: FOGSI Adolescent Care Workshop, Andaman & Nicobar Islands
- 24th-26th February: FOGSI North Zonal Conference with Yuva, Varanasi
- 24th-26th February: FOGSI Has Talent 2.0 Zonal Elimination Round, Varanasi
- 24th-26th February: Appreciation Awards for Presidents/Legends of Zonal FOGSI Societies, Varanasi
- 24–26 February 2023 – The 8th EndoDubai Congress, Dubai, UAE
- 3rd to 5th March: FOGSI ICOG Conference, Nagpur
- 10th-12th March: FOGSI South Zonal Conference with Yuva, Calicut
- 10th-12th March: FOGSI Has Talent 2.0 Zonal Elimination Round, Calicut
- 10th-12th March: Appreciation Awards for Presidents/Legends of Zonal FOGSI Societies, Calicut
- 24th-26th March: FOGSI Conference on High Risk Pregnancy, Pune

Online events:

FIGO global webinars: The importance of maternal and perinatal deaths surveillance and response (MPDSR) for health systems strengthening

Date: Thursday 16 February 2023, 14:00 UTC

Registration: https://us02web.zoom.us/webinar/register/2816732792744/WN_zz6lAbtFQ8iJTtILOzJcw

Hysteroscopy for Mullerian Anomalies



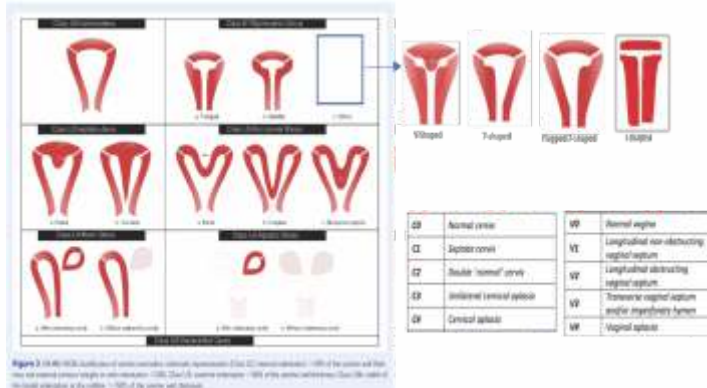
Dr. Jayesh A. Patel

Director & Consultant Arya Women's Hospital, Memnagar.
 Visiting Gynec Endoscopic Surgeon SVP Hospital/NHL College and ART Fertility, Ahmedabad.
 Master in Reproductive Medicine, IVI-Madrid, Spain.
 Dip. Advanced Gynecological Laparoscopy, CICE, France.

Müllerian duct abnormalities (MDAs) are a broad and complex spectrum of structural anomalies caused by errors in müllerian duct development during embryonic morphogenesis.

The actual prevalence of MDAs is difficult to ascertain because many of the cases are asymptomatic and thus remain undiagnosed. Its prevalence is 5.5% in an unselected population, 8% in infertile women, 12.3% in women with a history of miscarriage, and 24.5% in women with a history of miscarriage and infertility. (Chan et al, systematic review. Hum Reprod Update. 2011). **FREQUENCIES of Mullerian Duct Anomalies** Septate uterus: 35%, Bicornuate uterus : 26%, Arcuate uterus : 18%, Unicornuate uterus : 10%, Didelphys : 8%, Agenesis : 3% (Grimbizis et al, Hum Reprod Update. 2001)(ACCORDING TO ASRM CLASSIFICATION)

CLASSIFICATION (ESHRE/ESGE) [CONUTA]



Role of Hysteroscopy:

1. Hysteroscopy has early diagnostic role: in following MDAs.



2. Hysteroscopy has operative role: in following MDAs either in the form of lateral and/ or fundal metroplasty or septum resection.

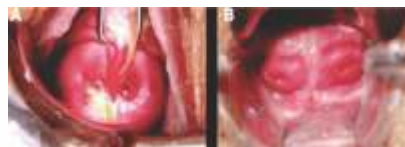
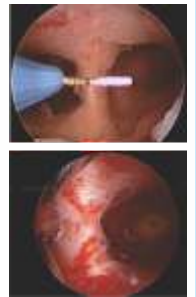


3. Hysteroscopy along with laparoscopic or open approach is required: in following MDAs



Important points regarding septum resection and metroplasty

1. It is controversial whether to resect septum or not, but many studies are in favour of resection to improve pregnancy rates in unexplained infertility, to improve outcome in recurrent miscarriages and to minimise preterm deliveries.
2. Using scissors or resectoscope for septum: similar reproductive outcomes
3. Septum excision (using loop) or division (using scissors/colins' knife): No evidence on which is better
4. Use only sharp tip scissors and not blunt tipped.
5. Fixed part of scissors should be lateral: for lateral metroplasty
6. Watch for bleeding (anaesthetised patient) or pain (office hysteroscopy): for optimum correction
7. Under correction is better than over correction and perforation/rupture of uterus



Cervical Duplication:

Fig A: Cervical septum like this can be corrected by dividing the septum.
 Fig B: This kind of duplication should not be corrected due to risk of cervical incompetence later.

Robert's Uterus:

This kind of MCAs can be easily corrected by resecting obstructing septum hysteroscopically and draining the cavity.



Obstructing vaginal septum:

can be corrected by vaginoscopic septum resection.



Complete utero-cervical (double Cervix)- vaginal septum:

After excising vaginal septum, it is challenging to resect uterine septum and keeping duplicated cervix as it is. For that foley's bulb is inflated in one uterine cavity which work as a guide when uterine septum is being resected from another cavity.

FOR REFERENCES AND VIDEOS ON THIS TOPIC SCAN THE QR CODE

Interesting Facts About Makar Sankranti



1. One of only a handful of Indian celebrations that falls around the same time each year as indicated by the Gregorian calendar.

Most Hindu celebrations take after the position of the moon and depend on the lunar schedule. Subsequently, the dates of celebrations change each year. However, Makar Sankranti is a celebration which falls on a specific day consistently as it follows the sun based calendar. Makar Sankranti is celebrated on the fourteenth of January consistently (infrequently on the fifteenth). From 2050, it is anticipated that the celebration will fall on the fifteenth January (and sporadically on the sixteenth).

2. Why is it called Makar Sankranti?

On Makar Sankranti, the sun enters the house of Capricorn or Makara (the Indian rashi). Thus the "Makar" in the name. "Sankranti" implies the progress of the sun starting with one zodiac sign then onto the next.



3. Day and night are similarly long.

As Makar Sankranti is one of the solstice celebrations and falls on the equinox, day and night on this day are accepted to be similarly long. Post the celebration, it is formally the start of spring or the onset of Indian summer and the days turn out to be longer, and evenings shorter.

4. Same celebration, a million distinct names.

While Makar Sankranti is most famous in West India, down south, the celebration is known as Pongal and in the north, it is known as Lohri. Uttarayan, Maghi, Khichdi are some different names of a similar celebration.



5. Why do we distribute til-gul?

"Til-gul" or sesame and jaggery laddoos or chikkis are distributed. The sweets signify an auspicious start to the new season. Folk lore says that amid this celebration, the Sun God overlooks his outrage on his child Shani and visits him. Therefore, the Tilgul is a way of forgetting old enemies and grudges, wiping the slate clean, and adopting peace. Additionally, since the celebration falls in winter, eating of sesame and jaggery is viewed as useful to wellbeing as they are warm nourishments.

6. Why do we fly kites on Makar Sankranti?

Anecdotal claims suggest that during the festival of Uttarayan, as it's called in Gujarat, the gods awaken from their six-month long slumber, and handmade kites are flown as an act of gratitude to them for bringing good luck and prosperity. There are many who dedicate the festival to the Sun God as well, and practically, in ancient times, it was used as a fun method to gain some sun exposure in the winter, and be "blessed" by Vitamin D.





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Dr. PRAKASH PATEL

IVF & Infertility Specialist
Dipl. in Adv. Laparoscopy (France)
Diploma in Sonography (Croatia)



Dr. AJAY PRAJAPATI

MS. Gynec (Infertility & Foetal Medicine Specialist)

Dr. PURVI SHAH

Gynecologist
(Fetal Medicine Expert)

SHUKAN IVF CENTRE & WOMEN'S HOSPITAL : 246, Shukan Mall, Science City Road, Sola, Ahmedabad.
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OUR TEAM

Dr. Nisarg Dharaiya (Director & Chairman)

Dr. Ushma Patel | Dr. Shetal Deshmukh

Dr. Khushali Shah | Dr. Rushi Patel | Dr. Krunal Modi

SERVICES

- | | |
|---------|------------------------|
| IVF | 3D/4D SONOGRAPHY |
| IUI | INFERTILITY WORKUP |
| ICSI | BLASTOCYST CULTURE |
| SURGERY | MALE INFERTILITY |
| PGD/PGS | (TESA/PESA-MICRO TESE) |

AWARDS & ACHIEVEMENT OF SNEH HOSPITAL & DOCTOR TEAM

- Awarded as **HEALTHCARE LEADERSHIP AWARDS 2021** for Best Gynecologists & Infertility Specialist in Gujarat
- Gujarat Awarded as **NATIONAL QUALITY ACHIEVEMENT AWARDS 2021** for Best Ivf & Infertility Surrogacy Centre of Gujarat & Ahmedabad.
- Awarded as "Gujarat NU GAURAV" for work in Healthcare sector by the **CHIEF MINISTER of Gujarat Shri. Vijay Rupani**. The felicitation was done considering extensive work of SNEH HOSPITAL in field of infertility & IVF Treatment across Gujarat we announce proudly that we are the part of "**JOURNEY OF GROWTH & PROSPERITY OF GUJARAT, INDIA**"
- National Healthcare excellence award 2019 held at Delhi in presence of Health Minister of India Best awarded as a best IVF hospital of Gujarat
- Awarded as "**Asia's greatest Brand**" by One of the biggest in the asian subcontinent reviewed by price water house coppers p.l. for the category of asia's greatest 100 brands the year.
- International health care award 2017 & certificate of excellence presented to "**SNEH HOSPITAL & IVF CENTER**" for best upcoming IVF & Women infertility hospital of gujarat
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Dr. Dhara Patel
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- ☑ Gives thorough knowledge of embryology lab and protocol.
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Directors:

Dr. Shital Punjabi Dr. Anand Patel
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Advance Sonography

Course Highlights:

- ☑ Live demonstrations of ultrasound assessment in pregnancy
- ☑ Lectures and video presentation on ultrasound in pregnancy and gynaecology and infertility
- ☑ Live demonstrations of ultrasound in different gynec condition and infertility
- ☑ Hands on experience in ultrasound in obstetrics and gynaecology
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Course Fee:

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Course Highlights:

- ☑ Live Surgeries in OT
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Course coordinators:

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Gynec Laparoscopic Surgeon



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IVF Specialist & Advance
Gynec Laparoscopic Surgeon



Dr. Shital Punjabi
Consultant Gynaecologist
& IVF Specialist



Dr. Prena Shah
Consultant Gynaecologist
& Infertility Specialist



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