



AHMEDABAD OBSTETRICS AND GYNAECOLOGICAL SOCIETY

AOGS TIMES

Nirwana

FEBRUARY 2023 | VOLUME 11

Theme : Healthy Woman - Healthy Nation

Motto : Ethics Compassion Commitment

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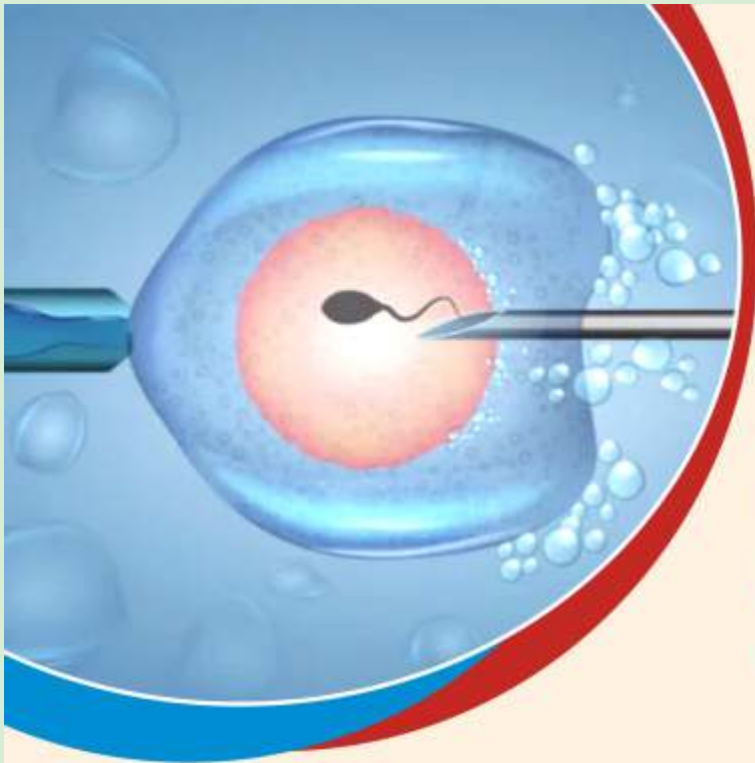
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Dr. Kamini Patel
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TEAM AOGS MESSAGE



Dr. Nita Thakre
Hon. Secretary

Winter has finally departed and the heat is here to stay. As always, the spring season was welcomed by a splash of colours, by celebrating the festival of Holi. Why is it that this festival resonates in our hearts? Why does Holika Dhahan have such meaning? Do we still believe in evil spirits? Or have these now been replaced by the newer, more palpable evils, like bacteria and viruses? I think the ultimate message still remains- the triumph of good over evil. And we need this belief to have our faith in humanity restored.

Throughout history, tales of good triumphing over evil have captivated people's hearts and imaginations. The many stories that we have woven around this theme for generations, have reminded us that even in the darkest of times, there is always hope.

The battle between good and evil is as old as time itself. In mythology, we see stories of gods and demons battling for control of the universe. In religion, we see the struggle between God and the devil for the souls of humanity. In literature and popular culture, we see heroes fighting against villains who seek power and domination.

The triumph of good over evil is not just a fictional concept. Throughout history, we have seen many examples of real-life heroes who have fought against evil and made a difference in the world. From Mahatma Gandhi and Martin Luther King Jr. to Nelson Mandela and Malala Yousafzai, these individuals have shown that even one person can make a difference in the world.

So whether it is in the realm of fiction or in real-life, whether it is through burning of the holy fire, or through prayer or even science, the message remains the same-: never give up hope, and always fight for what is right. In a world that can sometimes seem dark and chaotic, stories of good triumphing over evil remind us that there is always a light at the end of the tunnel, and that even in the darkest of times, we can find hope and inspiration to make a difference in the world.

- Dr. Arati Gupte

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AHMEDABAD OBSTETRICS AND GYNAECOLOGICAL SOCIETY

AICOG 2017 ORATION

Dr. Neerja Bhatla

Date : 18th March 2023, Saturday

Time : 8.30 pm Onwards

Venue :

**Hotel Radisson Blu
Panchvati, Ahmedabad.**

**Subject : Empowering Gynaecologists To Achieve Cervical
Cancer Control In This Decade: Together We Can!**



Cities from all over the world are set to celebrate Holi, the festivals of colours, in full swing

Celebrated with extravagant enthusiasm, Holi is one of the most important festivals in India. With spirits at an all time high across the nation, the festival of colours is ready to capture imaginations and be extremely social media friendly. There's frenetic shopping going on already as families and friends are getting ready to celebrate the day soon. While all the bustle can seem natural to us in India, recently, the festival has been gaining prominence in many, many cities across the world.

For non-resident Indians, festivals like this provide for an opportune time to connect with their cultural roots and traditions. It serves as a reminder of home and they, with friends, take to celebrating the festival with gusto. And not just Indians, the festival is seen a colour expression among people of other ethnicities and thus, Holi is celebrated worldwide! Here's a look at the celebrations from across the world!



Whether you are in India or outside, Holi is one day every Indian eagerly waits for. In Australia, the occasion is made special with a run that takes place in Gold Coast. With such a massive Indian population, Australia is one of many countries where the festival of colours is just as spiritedly celebrated as at home.



South Africa is another country flooded with individuals of Indian origins. Holi is enjoyed here by playing a free-for-all colour war, enjoying bonfires, and singing Holi songs. The vibrant Gujarati community in the African nation make the festival so enticing that you definitely want to be a part of it.

Tamil happens to be one of the national languages of Singapore. That should tell you something about the Indian population in the diverse nation. Singapore's locals enjoy Holi in full swing as they join in on the fun. Water colour fights are a popular event. While it might not compete with the celebrations back home, Holi in Singapore is certainly a memorable affair with extravagant events.



Students at Oxford University celebrate this Indian festival with open arms. It doesn't matter if you are an Indian national or not- as long as you are open to accepting the traditions of different cultures you can be a part of this extraordinary festival. The event brings the families together and connects the non-resident Indians with their cultural traditions.

This Spanish city takes to Holi like a fish to water. Barcelona joins in the season of festivities with much enthusiasm with the locals partaking in this Indian festival of colours. Spain has its own version of Holi called the Tomatina Festival where instead of colours the locals play with tomatoes.



Canada is known for its large Punjabi population. Students at the University of British Columbia in Vancouver form an important aspect of multicultural diversity of the college. Holi is a significant festival of the Indian community in Canada.

Source: Meenketan Jha, Outlook traveler.

MEDICAL NEWS UPDATE

Adenovirus vs H3N2

After 2 years of COVID supremacy, the other viruses seem to be raising their heads demanding their hour of fame as well. There has been a spate of cases of what appears to be the flu, all over the country in the last month.

Patients across age groups seem to be getting infected by the virus. Elderly, those with co-morbidities and kids who are now getting more exposed to viruses post COVID-19 seem to be more susceptible say doctors.

The two main viruses infecting patients are H3N2 subtype of the Influenza A virus, and the Adenovirus.

Adenovirus

This virus belongs to the Adenoviridae family of respiratory viruses, isolated from Adenoid cell cultures.

Symptoms include:

- Common cold or flu-like symptoms
- Fever
- Sore throat
- Acute bronchitis or chest cold
- Pneumonia (infection of the lungs)
- Pink eye (conjunctivitis)
- Acute gastroenteritis or inflammation of the stomach or intestines causes diarrhoea, vomiting, nausea and stomach pain.

Adenoviruses can spread from an infected person to others through close personal contact and through the air by coughing and sneezing or touching a contaminated object or surface.

Adenovirus can also spread through contaminated water and through an infected person's stool, for example, during diaper changing in the case of children.

Currently, there are no approved antiviral medicines and no specific treatment for patients suffering from an adenovirus infection.

Most adenovirus infections are mild and may be managed with rest and over-the-counter medicines for fever and pain to help relieve symptoms.

Infants, especially newborns and premature babies, children with weak immune systems, or severe adenovirus infections may need antiviral medicine and treatment in a hospital that could include IV fluids, oxygen, and breathing treatments.

H3N2

H3N2 influenza is a type of flu virus that belongs to the Orthomyxoviridae family. The virus is a subtype one of the many subtypes of the Influenza A virus. When a person is infected with H3N2 influenza, the virus invades the respiratory tract and causes inflammation of the airways, leading to symptoms such as fever, cough, sore throat, runny or stuffy nose, body aches, headache, and fatigue. In some cases, H3N2 influenza can also cause more severe illnesses such as pneumonia, which can be life-threatening, especially in older adults, young children, and people with weakened immune systems.

The symptoms of H3N2 influenza are similar to those of other types of flu viruses. The virus affects the respiratory tract. The onset of symptoms can happen within 48 hours of exposure to the virus. Some of the common symptoms of the viral disease include:

- High fever
- Cough
- Sore throat
- Loss of voice
- Runny or stuffy nose
- Body aches
- Headache
- Fatigue

Like influenza A viruses, H3N2 can cause respiratory illnesses ranging from mild to severe, and it can lead to complications such as pneumonia, particularly in high-risk populations such as the elderly, young children, and people with weakened immune systems.

H3N2 influenza is highly contagious and can spread easily from person to person through droplets when an infected person coughs sneezes or talks. The virus can also survive on surfaces for several hours and can spread through contact with contaminated objects, such as doorknobs, keyboards, and phones.

Getting a flu vaccine can also help prevent H3N2 influenza and other types of flu viruses. It is recommended that everyone over six months of age get a flu vaccine every year. Treatment for H3N2 influenza includes antiviral medications which can help reduce the severity of symptoms and shorten the duration of the illness. However, these medications need to be started relatively quickly in order to be most effective.



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EVENTS CALENDAR

- 24th-26th- March- FOGSI Conference on High Risk Pregnancy, Pune
- 7th-9th April- East Zone Vice President Conference, Patna
- 7th-9th April- Ms./Mr. FOGSI Pageant Zonal Elimination Round, Patna
- 7th-9th April- Appreciation Awards for Presidents/Legends of Zonal FOGSI Societies, Patna
- 14th-16th April-FOGSI Managing Committee Meeting, New Delhi
- 28th-30th April-Gestosis International Conference, Vishakhapatnam/Goa
- 20th-21st May- FOGSI Recent trends and advances in Obstetrics, Gynecology and Infertility ROGI, Kanpur
- 26th-28th May-ISAR – FOGSI Endogyn World Conference, Mumbai

FIGO events:

- 11–12 May 2023 – 14th Congress of the Société Francophone de Chirurgie Oncologique (SFCO): Paris, France
- 12–14 May 2023 – The 75th Annual Congress of the Japan Society of Obstetrics and Gynecology:Tokyo, Japan
- 16–18 May 2023 – 9th Annual Congress of the Society of Endometriosis and Uterine Disorders (SEUD): Abu Dhabi, UAE
- 18–21 May 2023 – 20th World Congress of Paediatric and Adolescent Gynaecology – WCPAG 2023: Belgrade, Serbia

Judicious use of screening methods for screening of breast cancer



Dr. Sneha Bhuyar

- FOGSI Breast Committee Chairperson 19-21 ■ GCM ICOG 21-22
- AMOGS MD Chair 22-24
- SAFOG Working Group Member ■ Founder President Vidarbha Isoparb

Population screening examinations

Breast Self-Examination (BSE)

BSE has been compared with no screening and has been shown to have no benefit in reducing breast cancer mortality.(7) There is solid evidence that formal instruction and encouragement to perform BSE leads to more breast biopsies and more diagnosis of benign breast lesions.

Clinical Breast Examination (CBE)

The current evidence is insufficient to assess the additional benefits and harms of CBE. The single RCT comparing high-quality CBE with screening mammography showed equivalent benefit. CBE

accuracy in the community setting might be lower than in the RCT.[8]

Various breast cancer imaging techniques are as follows:

The choice of these methods depends on the patient's state and stage, the age of the individual and the density of the breast tissue. Hybrid imaging techniques appear to be an acceptable way to improve detection of breast cancer.

TRADITIONAL IMAGING METHODS

Screening With Mammography

Mammography is the type of radiography which uses low energy 20-30keV Xrays and is the current standard screening and diagnosis method available. According to studies, the sensitivity of this method is around 75-85% and specificity is 90-95%.

A Mammogram is a 2D image that helps to detect morphological changes suspicious of malignancy like masses, calcification and deformed areas.

Benefits

- Mammography is the only screening test that reduces breast cancer mortality(22).
- There is clear evidence that mammography detects early breast cancers and that screening large populations reduces mortality.

Newer technology in mammography include full field digital mammography(FFDM), computer aided detection mammography (CAD) and contrast enhanced mammography.

FFDM:

Among women with heterogeneously dense breast parenchyma, full-field digital mammography (FFDM) has been shown to be more sensitive than film-screen mammography(36,68).

Full field digital mammography has many advantages over conventional mammography as it is low dose, digital archiving has improved sensitivity for dense breast, computer aided detection, telemedicine, tomosynthesis, softcopy review, 3-D visualisation techniques and reducing breast compression pressure(35).

Contrast-enhanced Mammography

Recent studies have shown that contrast-enhanced digital mammography also can image blood flow using temporal subtraction and dual-energy subtraction(35).

This technique requires injection of an iodinated contrast agent, and the sensitivity for tumor detection has ranged from 78%-92%(10,69).

Recent literature has demonstrated that the addition of contrast-enhanced mammography to standard mammography and ultrasound in a diagnostic setting improves reader sensitivity from 71% to 78% and improved reader performance when compared with mammography and ultrasound alone(69).

Breast Scintimammography

Scintimammography is a relatively new imaging method in which Tc-99m Sestamibi is administered intravenously and images of the breast are taken with Gamma Camera to demonstrate cancer tissue in the breast. Compression of the breast is not required as done during mammography. The Tc-99m accumulates in the breast due to high affinity of the cancer tissue to take up this agent as compared to normal breast tissue.

Brem et al., (15,24) argued that the sensitivity of a specific gamma camera to detect breast cancer in patients with two-sided mammograms is comparable to MRI.

Breast Ultrasonography

Ultrasound can evaluate the morphology, orientation, internal structures, and margin of lesions in dense breasts on several plates. Evaluation of these features helps to differentiate benign and solid breast lesions (42). Sensitivity increases to 97.3% and specificity to 76.1% by adding ultrasound imaging to conventional breast cancer screening methods (mammography and physical examination)(37). Another main application of ultrasound is to guide biopsies. With no need to ionising radiation, ultrasound is suitable for follow up studies to check for recurrence(42).

Various advances have been made in ultrasound technology, including 3D ultrasound, color Doppler, power Doppler, automated breast ultrasound (ABUS), and sonoelastography. 3D ultrasound and ABUS collect volumetric information from the whole breast.

VBUS

Volumetric breast ultrasound (VBUS) is a computer-based system which scans the whole breast. The whole breast ultrasound system (Somo-V, U-Systems, Sunnyvale, CA USA) was used in combination with a 6 to 14 MHz broadband mechanical transducer attached to a rigid

compression plate and arm, producing over 300 images per image acquisition obtained as coronal sweeps from the skin to the chest wall(14).

The preliminary results from a study (14) showed the cost benefit of implementing the judicious use of VBUS as an alternative to MR imaging of the breast in conjunction with mammography in the dense breast screening population. The study also showed that the detection of cancers missed by mammography of smaller size and stage was easier with VBUS, justifying the basis for the judicious use of implementing VBUS in conjunction with mammography in the dense breast screening population. The sensitivity and specificity of VBUS were 97.67% and 99.70%(14).

Sonoelastography

This technique uses comparison of the size of the breast lesions in elastogram and B-mode images to find out the differences between benign and malignant lesions(7,62). Cysts and fibroadenomas have the same sizes in both types of elastogram and B-mode images, but carcinoma is seen larger in elastograms(63). Sonoelastography has a higher specificity than B-mode ultrasound. The sensitivity and specificity of sonoelastography are 88.5% and 92.7%, respectively (62). The principle of this technique is that Breast tissues vibrate or compress differently based on their firmness, which permits one to locate masses.

Breast Cancer Magnetic resonance imaging (MRI)

The first investigators who used MRI for breast cancer examination were Ross et al., (27). Today, breast MRI is considered as a supplementary technique along with ultrasound and mammography. Simultaneous imaging of both breasts are possible using new surface coils, allows indicating involvement of the contralateral breast. Breast MRI sensitivity for breast cancer detection is higher than ultrasound or mammography. Because of high expenses, hard accessibility, and high false positives of MRI, it is not widely used as a screening test for breast cancer, but in special cases (26).

According to the American Cancer Society (ACS), high-risk patients are recommended to be screened annually using MRI imaging(46).

The MRI technique is also sensitive in imaging silicone breast implants(28).

MRI has better resolution and less operator dependence than Ultrasonography. Also, it does not use radiation, making it safer than those modalities (38).

Orel states that MRI "should never be used in place of a full mammographic and sonographic evaluation(38)".

Alongside with routine MRI imaging protocols based on T1, T2, and proton density providing anatomical images, there are other special MRI techniques that are capable of generating dynamic information of water molecule diffusion (DWI), maps of water molecule diffusion (DTI), modulation of blood cell perfusion (PWI), and MRI-based and biochemical elastography, including magnetic resonance spectroscopy (MRS), which extracts the chemical content of lesions (9).

Computed Tomography

A new form of CT has been created at the University of California, Davis Medical Center specifically for breast scanning. The 360° scan, which takes 16.6 seconds, obtains about three hundred 512x512 images of each breast, creating 3D images (70) that allow analysis by the slice. contrast enhanced CT or diffraction enhanced CT(10)

Advanced Applications of Nuclear Medicine in breast cancer detection:

PET/CT

The PET and CT systems have recently been combined, allowing for both imaging techniques without repositioning the patient [51].

Positron Emission Mammography

This technique is also called as breast specific gamma imaging or positron emission mammography. It has higher spatial resolution, takes less time to perform, requires a lower dose of FDG. (18- Fluoro deoxy glucose)(52) than PET CT. PEM is best for screening high-risk patients(60).

Diffraction-Enhanced Imaging

DEI requires a short exposure time and has higher spatial resolution than B-mode ultrasonography, MRI, and CT (53). Though DEI images are clearer using X-ray film and viewed by an optical microscope, it is more suitable to use digital media.

Small-Angle X-Ray Scattering

SAXS can identify collagen fiber patterns, which are related to the spread of cancer. Changizi and colleagues reported the ability to differentiate between normal, benign, and malignant breast tissues(54).

Raman Spectroscopy

In the inelastic scattering process known as Raman spectroscopy, a laser is used to excite photons, causing energy transfers between vibrational modes.(55).

Raman spectroscopy is accurate, displaying an ability to identify 91% of tumor spectra correctly (55). Raman spectroscopy can also detect preneoplastic changes by detecting chemical changes in the tumor bed.

Diffuse Optical Imaging

Diffuse optical imaging (DOI), or optical mammography (OM), uses near infrared light to detect functional abnormalities in tissue (56).

DOI shows promise for detecting cancers early, based on molecular changes.

Electrical Impedance Scanning

Electrical impedance scanning (EIS), also known as electrical impedance tomography (EIT), measures multiple electrical properties of breast tissue and creates an image. It is meant for discovering nonpalpable lesions.(57)

MICROWAVE BREAST IMAGING

Microwave excitation was applied to evidence breast cancer. Laser infrared thermography with Microwave sources of energy for heating of biological tissues is a part of active dynamic thermal (ADT) imaging(50). Unfortunately, due to poor control of microwave energy dissipation, it has limited application. Microwave irradiation generates heat inside a specimen proportional to its dielectric or mechanical properties.

THERMOGRAPHY

IT uses infra red camera to produce thermogram images that show patterns of heat and blood flow through thermal emissions on the surface of the body (48). It is non invasive, painless and radiation free modality but has low specificity.(11)



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- International health care award 2017 & certificate of excellence presented to "**SNEH HOSPITAL & IVF CENTER**" for best upcoming IVF & Women infertility hospital of gujarat
- International health care award 2017 & certificate of excellence presented to most promising surgeon in OBST & Gynac
- The best male infertility specialist & IVF center of india awarded by india healthcare award
- The best women's hospital & IVF center in gujarat by the Golden star healthcare awards

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- ☑ Gives thorough knowledge of embryology lab and protocol.
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- ☑ Gives platform to observe various testicular biopsies.

Course Fee:

IUI	Basic	Advance
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Directors:

Dr. Shital Punjabi Dr. Anand Patel
Dr. Rajesh Punjabi

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
- ☑ Fellowship training certificate from FOGSI/ motherhood women's and child care hospital

Course Fee:

Basic	Advance	15 Days
8,850/-	29,500/-	17,700/-

Directors:

Dr. Ripal Gevariya Dr. Anand Patel

Advance Laparoscopy

Course Highlights:

- ☑ Live Surgeries in OT
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Course coordinators:

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Our expert trainers



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Consultant Gynaecologist,
Infertility Specialist & Advance
Gynec Laparoscopic Surgeon



Dr. Rajesh Punjabi
IVF Specialist & Advance
Gynec Laparoscopic Surgeon



Dr. Shital Punjabi
Consultant Gynaecologist
& IVF Specialist



Dr. Prena Shah
Consultant Gynaecologist
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