



# AOGS www.ahmedabadobgyn.org BULLETIN

AHMEDABAD OBSTETRICS AND GYNAECOLOGICAL SOCIETY NEWS LETTER

Theme :  
Knock the "t" off the can't



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Dr. Geetendra Sharma  
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Dr. Kaushik Vyas  
Dr. Mukesh Patel  
Dr. Sunil Shah

◆ **Ex-Officio**

Dr. Dipesh Dholakiya  
Dr. Hemant Bhatt



## **Editor's message**

**Dear AOGSians,**

Welcome to the beginning of the new dawn.

Every passing year brings in new challenges for the new team. Tackling new challenges needs lots and lots of hard work.

This new team with the help of its able leadership endeavours to do the same.

Apart from the academic feast in store for the new year, the new team also intends to address some social and professional issues.

Hoping for your whole hearted support in our pursuit.

**“Life is not about discovering our talents, it is about pushing our talents to the limit and discovering our genius.”**

- Robert Brault

**Team AOGS**

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## **Reminder**

Dear AOGS members, please be informed that the PC PNDT ACT Core Committee has decided, to move the Hon Supreme court, regarding our matter, which was rejected by the Hon High Court of Gujarat. During the meeting of SOGOG which was convened at Ahmedabad on 7th April, 2013, the members of SOGOG societies have contributed their amount of Rs one thousand, towards this cause.

We earnestly request all members of AOGS to send a cheque or cash, worth Rs one thousand to AOGS office, as their valuable contribution, to fight for a just cause.

Please do it at the earliest & oblige.

## CME - I



**Venue :** Hotel Four Point by  
Sheraton, ( Royal Orchid).

**Co-ordinators :**  
Dr. Mukesh Savaliya & Dr. Shashwat Jani

**Date :** Sunday, 21<sup>th</sup> April 2013

Time	Subject	Speaker
09.15 am to 09.45 am	Breakfast	
<b>Session I - Chairpersons : Dr. Purna Patel &amp; Dr. Snehal Kale</b>		
09.45 am to 10.00 am	Is MgSO <sub>4</sub> a neuroprotector in preterm delivery?	Dr. Azadi Patel ( PG student )
10.00 am to 10.30 am	When to deliver an IUGR baby ?	Dr. Sapana Shah (Abad)
10.30 am to 11.00 am	Pre-eclampsia : What you do not know ?	Dr. Pankaj Desai (Vadodara)
11.00 am to 11.30 am	Recent trends in IVF	Dr. M. L. Swarankar (Jaipur)
11.30 am to 11.45 am	Interactive Session	
<b>Session II - Chairpersons : Dr. Kamlesh Jagwani &amp; Dr. M. C. Patel</b>		
11.45 am to 12.00 noon	GK Quiz Contest	
12.00 noon to 12.15 pm	Finance Capsule : Why Will and HUF is a must?	Mr. Kedar Laddha (CA)
12.15 pm to 01.15 pm	Panel discussion on " <b>Antihypertensives in Emergency Obstetric Situations</b> "	Moderator : Dr. Deepak Bhagde(Jamnagar)
		Panelists : Dr. Ajit Rawal (Abad)
		Dr. Jignesh Shah (Abad)
		Dr. Rohit Jain (Abad)
		Dr. Akshay Shah (Abad)
1.15 pm	Lucky dip & Lunch	

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## CME - II

**Venue :** Hotel St Larn, Ashram  
Road, Ahmedabad.

**Date :** Sunday, 28<sup>th</sup> April 2013

**Co-ordinators :**  
Dr. Kaushik Vyas & Dr. Mukesh Patel

Time	Subject	Speaker
09.30 am to 10.00 am	Breakfast	
<b>Session I - Chairpersons : Dr. C. N. Patel (Kalol)&amp; Dr. Lalit Kapadia</b>		
10.00 am to 10.15 am	Recent artical by postgraduate student.	
10.15 am to 10.45am	Preventing early pregnancy loss.	Dr. Pratap Kumar (Manipal)
10.45 am to 11.15 am	Management of luteal phase defect.	Dr. Bavin Balakrishnan (Calicut)
11.15 am to 11.45 am	Management of adolescent DUB	Dr. Binal Shah (Vadodara)
<b>Session II - Chairpersons : Dr. Kamal Jani &amp; Dr. Suresh Kothari</b>		
11.45 am to 11.55 am	GK Quiz	
11.55 am to 12.25 pm	Infections, Immunology & Pregnancy loss	Dr. Vidya Pancholiya (Indore)
12.25 pm to 12.55 pm	Role of Progestogens in HRT	Dr. Aarti Patel (Abad)
12.55 pm to 1.10 pm	Finance Capsule by CA	
1.10 pm to 1.30 pm	Interactive session	
1.30 pm onwards	Lucky dip & Lunch	

**Program associate - Abbott (makers of tablet Duphaston)**



## CME - III



**Venue :** Hotel Four Point by  
Sheraton, ( Royal Orchid).

**Co-ordinators :**

Dr. Archana Shah & Dr. Vishal Sharma

**Date :** Sunday, 05<sup>th</sup> May 2013

### AOGS & Endometriosis Committee (FOGSI)

Time	Subject	Speaker
09.30 am to 10.00 am	Breakfast	
<b>Chairpersons : Dr. Dilip shah(Abad) &amp; Dr. Bipinbhai (Dehgam)</b>		
10.00 am to 10.15 am	Recent artical by post graduate student	
10.15 am to 10.45 am	GnRh agonist in the management of endometriosis	Dr. R. K. Sharma (Delhi)
10.45 am to 11.15 am	Fibroids & infertility	Dr. Dhiraj Gada (Indore)
11.15 am to 11.45 am	Guidelines for endometriosis in infertility	Dr. Kanthi Bansal (Abad)
11.45 am to 12.15 pm	Is Surgical management of endometriosis really helpful in improving fertility outcome?	Dr. R. G. Patel (Abad)
12.15 pm to 12.45 pm	Interactive session	
12.45 pm to 01.00 pm	Finance Capsule by CA	
01.00 pm to 01.15 pm	GK Quiz	
01.15 pm onwards	Lucky dip & Lunch	

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- Reduces pain related to endometriosis and delays its recurrence
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- Provides a better quality of life



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***The Log books are sent along with this first AOGS bulletin of April 2013. Please bring the logbook always with you while attending the CME. Deposit the logbook at the AOGS desk, at the venue when you attend the CME & carry it back when you leave after the CME is over. At the end of March 2014, a composite certificate will be given to the members, which will mention the total no of credit points accrued during the entire year.***

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We are offering free of cost mammography examination to the members of AOGS & their spouse, above the age of 35 years, at the following centres. Please take prior appointment to avoid any hassles. The centre details will be provided in the bulletin of May 2013.

We are also planning to provide Cervical Cancer Vaccination to the spouse, daughters & members of the AOGS at a specially negotiated rate. We request you to provide the details of the beneficiary. to Dr. Anjana Chauhan, so that the reminders can be sent properly & the subsequent dosages of the vaccines can be made available without fail.

Dr. Anjana Chauhan is the co-ordinator of the these activities Her Contact no is +91 9327064981 You are free to contact her for any further clarifications.

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We are planning atleast three hands on workshops on Cadavers. We will include dissection of the posterior compartment, PPH tackling surgeries etc. Please register your names quickly as we will go by first come first serve basis & the interested delegates will be contacted personally as the dates will depend upon the availability of female cadavers. The registration fees will be informed in next bulletin. It will be a two day workshop : one day will be hands on & the other day will be the demonstration on live patients. the cadaveric workshop will be conducted at the Biology lab & live demo at the gynec OT at V.S. Hospital, Ahmedabad

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The following rates will be applicable for the advertisement printing in AOGS bulletin. Full page adv. should be of 8.25" x 7" and the half page advertisement will be of 4" x 7", The ads will have to be forwarded in pdf or cdr format and will be multicolour ads. The rates for half page adv will be Rs. 4000 & full page adv will be Rs. 8000 (single insertion). If the annual amount is paid, the cumulative rate will fetch discount of 25 % it will be Rs. 36,000 for half page & Rs 72,000 for full page. Any inputs for the bulletin has to reach the office by 25th of each month.

## *Installation Ceremony Report*



A grand installation ceremony was organized on Sunday 7th April 2013 in presence of dignitaries from various fields & stalwarts of AOGS.

Mr. Ankit Trivedi made the audience laugh for about 1 hour with his wit & humor. After that oath taking ceremony started & Dr. Mahesh Gupta & his team took oath under guidance of Chief Guest of the function justice Shri Ravi Tripathi of Gujarat high court. Dr. Mahesh Gupta & Dr. Phagun Shah officially were declared the president & the Hon secretary of AOGS respectively.

Guest of Honor Dr. Pankaj Patel, the Dean of Smt. N.H.L. Municipal Medical College gave his blessings & offered his help needed by AOGS for any academic & social activity.

Dr. Mahesh Gupta unfolded his plans for the year & thanked everybody who is instrumental in his rise to this prestigious post. Master of Ceremony Dr. Mukesh Bavishi described him "A man of destiny". But he is also man of vision & meticulous planning.

Chief Guest Justice Shri Ravi Tripathi in his speech touched the hearts of everybody present & advised all the intellectuals to work for the betterment of society. He suggested & offered all the help to organize one full day seminar on PC-PNDT act in associations with legal stalwarts.

IPS Mr. Raju Bhargav, IPS Mr. J K Bhatt, Ex Mayor of Ahmedabad Mr Himmatsinh Patel, President of IMA & Ex MLA Dr Jitubhai Patel were amongst the dignitaries present for the ceremony. Representatives of various gynaec societies of Gujarat like Mehsana, Bhavnagar, Himmatnagar, Baroda, Bharuch, & Vapi also attended the function. Office bearers of AMA also came to bless Dr. Mahesh Gupta & his team. The past presidents of AOGS wished Dr Mahesh Gupta all the success & whole hearted support for the coming year.

Total more than 140 delegates of AOGS were present for this prestigious function. Above all one of the senior most member of AOGS, Dr Vilasben Mehta blessed the new team by her gracious presence.

The event was very well organized & it was well conducted in humorous way seriousness by Master of Ceremony Dr Mukesh Bavishi.

Meeting was ended with vote of thanks by Hon. Secretary Dr. Phagun Shah

Everybody departed after enjoying delicious lunch and cherishing moments of gorgeous installation ceremony.









## What Pregnant (Or Recently Pregnant) Women Need to Know About 2009 H1N1 Flu (Swine Flu)

A pregnant woman who gets flu has a greater chance for serious problems for her unborn baby and herself. Healthy pregnant women have had severe illness from the 2009 H1N1 flu. Compared with people in general, pregnant women with 2009 H1N1 flu are more likely to be admitted to hospitals. Several pregnant women have died. For this reason, CDC advises doctors to give antiviral medicines (Tamiflu® or Relenza®) that treat H1N1 flu to pregnant women who have signs and symptoms of flu.



**4 Prevention.** The flu shot is the best way to protect against getting the flu. Pregnant women should get both the 2009 H1N1 and seasonal flu shots. If a woman has her baby before getting the shots, she should still get both shots. Babies less than 6 months of age cannot get flu shots. Everyone who cares for young babies should get the flu shots too. The everyday precautions listed below help prevent flu, too.

- ⌘ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Have your family do the same.
- ⌘ Stay away from sick people.
- ⌘ Cover your coughs and sneezes with a tissue or your sleeve. Encourage others around you to do the same.
- ⌘ Avoid touching your eyes, nose, and mouth. Germs spread this way.

### **4 Close contact with someone who has the flu.**

If you have close contact with someone who has the flu, call your doctor right away. Sometimes, doctors will give a pregnant woman an antiviral medicine to reduce the chance that she might get sick. At other times, this might not be needed.

### **4 Preparation**

- ⌘ Know the signs and symptoms of the flu.
- ⌘ Talk with your doctor about a plan to get treatment quickly if you are sick with flu symptoms.

**4 Signs and symptoms of 2009 H1N1 flu.** This flu is similar to regular seasonal flu. The signs and symptoms include:

- ⌘ Fever
- ⌘ Cough
- ⌘ Sore throat
- ⌘ Headache
- ⌘ Body aches
- ⌘ Runny or stuffy nose

Some people may also have vomiting and diarrhea. People may have some, not all, of these symptoms and still have flu. People may be infected with the flu, including 2009 H1N1 flu and have respiratory symptoms without a fever.

**4 Tests for 2009 H1N1 flu.** Testing isn't needed for most people. If you have flu symptoms, call your doctor right away. Take the medicine your doctor prescribes.

**4 Effects of 2009 H1N1 flu on pregnant women.** Pregnant women may have a mild illness with H1N1 flu. However, some pregnant women get very sick. Several have died. If you are pregnant and think you have the flu, call your doctor right away. Take the medicine your doctor prescribes.





**4 Recently given birth or lost a pregnancy.** Women who have given birth or lost a pregnancy in the past two weeks also can get sick very quickly. Be sure to use everyday precautions. If you get sick with the flu, call your doctor right away. Take the medicine your doctor prescribes.

**4 Fever in a pregnant woman.** Be sure you have a thermometer, and know how to use it. Treat fever with acetaminophen (Tylenol®) right away. Fever can harm your unborn baby.

**4 Antiviral medicines.** Tamiflu® is the best medicine to treat 2009 H1N1 flu in a pregnant woman at any stage during pregnancy. Not everyone needs antiviral medicines, but if you are pregnant and have the flu, call your doctor right away. Take the medicine your doctor prescribes.

**4 Breastfeed, if possible.** Breast milk is the perfect food for your baby. Babies who are breastfed get sick from infections like the flu less often and less severely than babies who are not breastfed. You can breastfeed even if you have just gotten flu shots.

- æ You can breastfeed even if you are sick and taking Tamiflu® or Relenza®, but you need to take extra care. Pumping and having a healthy adult give your baby the breast milk is a good way to protect your baby, too. See [www.cdc.gov/h1n1flu/infantfeeding.htm](http://www.cdc.gov/h1n1flu/infantfeeding.htm) to learn more.
- æ Flu can be very serious in young babies. If your baby gets sick, call your baby's doctor right away. Talk with your doctor if you get the flu. See [www.cdc.gov/h1n1flu/infantfeeding.htm](http://www.cdc.gov/h1n1flu/infantfeeding.htm) to learn more.

### Protect Yourself, Protect Your Baby

- ✓ Get your flu shots pregnant women need both the 2009 H1N1 flu shot and the seasonal flu shot.
- ✓ Take everyday precautions (cover coughs and sneezes, stay away from sick people, wash hands).
- ✓ If you have close contact with someone who likely had the flu, call your doctor.
- ✓ If you start to feel sick, call your doctor right away. Take the medicine your doctor prescribes.
- ✓ Treat fever right away.

For more information, go to [www.cdc.gov/h1n1flu/pregnancy](http://www.cdc.gov/h1n1flu/pregnancy) or call 1-800-CDC INFO (1-800-232-4636).

### *Hilarious oneliners*

- Do not argue with an idiot. He will drag you down to his level and beat you with experience.
- Women might be able to fake orgasms. But men can fake a whole relationship
- We live in a society where pizza gets to your house before the police.
- Light travels faster than sound. This is why some people appear bright until you hear them speak
- Politicians and diapers have one thing in common. They should both be changed regularly, and for the same reason.



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Controls Bleeding...effectively

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References:

1. Reproductive Biology and Endocrinology 2004;2:7-14. 2. Am J Epidemiol. 2002;156:806-812. 3. Fertility and Sterility. 2010;94(1):130-137. 4. Diabetes Care 1999;22(7):1017-1021.

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## **CME - I**

on Sunday, 21<sup>th</sup> April 2013  
at Hotel Four Point by Sheraton, ( Royal Orchid).

### **Subject**

1. Is MgSO<sub>4</sub> a neuroprotector in preterm delivery?
2. When to deliver an IUGR baby ?
3. Pre-eclampsia : What you do not know ?
4. Recent trends in IVF
5. Finance Capsule : Why will and HUF is a must?
6. Panel discussion on "**Antihypertensives in Emergency Obstetric Situations**"

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## **CME - II**

on Sunday, 28<sup>th</sup> April 2013  
at Hotel St Lurn, Ashram Road, Ahmedabad.

### **Subject**

1. Presentation by postgraduate student.
2. Preventing early pregnancy loss.
3. Management of luteal phase defect.
4. Management of adolescent DUB
5. Infections, Immunology & Pregnancy loss.
6. Role of Progestogens in HRT
7. Finance Capsule

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## **CME - III**

on Sunday, 05<sup>th</sup> May 2013  
at Hotel Four Point by Sheraton, ( Royal Orchid).

### **AOGS & Endometriosis Committee (FOGSI)**

### **Subject**

1. Presentation by post graduate student
2. GnRh agonist in the management of endometriosis
3. Fibroids & infertility
4. Guidelines for endometriosis in infertility
5. Is Surgical management of endometriosis really helpful in improving fertility outcome?
6. Finance Capsule



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1. Data on file.  
 2. Savaris AP, et al. Maturitas 2003; 48(2):131-136.  
 3. Savaris H, Wilson NA. BJOG 2004; 111(12):1667-1671.  
 4. Guzman-LuA. Early Human Development 2005; 74:2.

**Composition:** Each scored film coated tablet contains 10 mg of dydrogesterone. **Indications:** Hormone Replacement Therapy. To counteract effects of unopposed estrogen on endometrium for women with disorders due to menopause & with intact uterus. Progesterone deficiencies in dysmenorrhoea, endometriosis, secondary amenorrhoea, irregular cycles, dysfunctional uterine bleeding, pre-menstrual syndrome, threatened and habitual abortion, infertility due to luteal insufficiency. **Dosage and Administration:** Hormone replacement therapy in combination with continuous oestrogen therapy, 10 mg dydrogesterone daily during last 12-14 days of oestrogen therapy. 10 mg dydrogesterone daily during last 12-14 days of oestrogen therapy. If endometrial biopsies or ultrasound would reveal inadequate progesterone response, 20 mg dydrogesterone should be prescribed. 2. Dysmenorrhoea - 10 mg twice daily from day 5 to day 25 of cycle. 3. Endometriosis - 10 mg two or three times daily from day 5 to day 25 of cycle or continuously. 4. Premenstrual syndrome - 10 mg twice daily from day 11 to day 25 of cycle. 5. Irregular cycles - 10 mg twice daily from day 11 to day 25 of cycle. 6. Threatened abortion - 40 mg at once, then 10 mg every eight hours until symptoms remit. 7. Habitual abortion - 10 mg twice daily until seventh week of pregnancy. 8. Infertility due to luteal insufficiency - 10 mg daily from day 14 to 25 of cycle. Treatment for at least six cycles. Advisable to continue treatment for first few months of pregnancy as described under 'Habitual abortion'. **Contraindications:** Hypersensitivity, Unknown vaginal bleeding, (used to prevent endometrial hyperplasia in women using estrogen). **Precautions:** Breakthrough bleeding, can be prevented by increasing dosage. **Interactions:** None known. **Pregnancy and lactation:** No evidence that can not be used during pregnancy. Excreted in milk of nursing mothers. Effect on ability to drive and use machines. No effect. Undesirable effects. Breakthrough bleeding, alterations in liver function may occur. **Pharmacodynamics:** orally active progestogen producing complete secretory endometrium in oestrogen primed uterus. **Shelf life:** 3 years **Storage:** Store in cool and dry place. **Packaging:** Blister strip of aluminum foil and PVC film, of 10 film coated tablets. **Issued on:** Jan 2010

Further information available on request from  
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**Our Consultants - Dr. Manish Banker, Executive Director, Nova IVI Fertility  
Dr. Pravin Patel, Director, Nova IVI Fertility**

**OPD Time : Monday to Friday 9.00 AM to 6.00 PM | Saturday 9.00 AM to 1.00 PM**

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