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BULLETIN

AHMEDABAD
OBSTETRICS AND
GYNAECOLOGICAL SOCIETY

NEWS LETTER | JUNE 2017



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TEAM AOGS MESSAGE



Dr. Hemant Bhatt
President

Respected seniors & dear colleagues,

Last month we enjoyed two academic sessions & two socio-cultural programs. World yoga day was celebrated with much fanfare all over the country & especially at Ahmedabad in august presence of Baba Ramdev. We also started our social activities at 'Por' village from 25th June i.e. the day of Rathyatra. We arranged free medical checkup camp & response was very encouraging. We are going to organize 'De-addiction session' on 1st July, Sunday at 'Por'. Our social activities will continue there throughout the year. All interested AOGS members are welcome to join this noble cause.

In the month of July, We are going to have three interesting academic sessions on 7th July, 9th July & on 23rd July. Details are given in the bulletin. We are going to have one cultural 'Sugam - Sangeet' program in August, with renowned artists. Our 'Bhutan' tour during Diwali has got overwhelming response. Thanks for your trust & support. We are going to have two big conferences in October & November. Critical care conference in October & Imaging science ISUOG approved conference in November. Details will be given in due course of time.

Monsoon is just approaching & we expect heavy downpour in July & August. Let us narrate one beautiful poem of Shri Tushar Shukla related with this lovely season.

તું ટહુકે એક જ વાર પ્રિયે,
હું વરસું અનરાધાર
હું બારમાસનું ચોમાસું, તું ભીંજવા તેયાર ?
વધતું ઓછું પ્રીત ન જાણે
વ્હાલ નથી વહેવાર
હેયે હેયું મળતા, લાગે
જીવતર છે તહેવાર
હું અપાઠી વાદળ થઈને આવ્યો તારે દ્વાર
તું ભીંજવા તેયાર ?



Dr. Jignesh Deliwala
Hon. Secretary

Dr. S.R. Parikh OBITUARY

Dr. SR Parikh was the legendary teacher & a wonderful human being. He was born on 15 th May, 1930 at Godhara. His schooling also took place at Godhara. He completed his MBBS & MD from BJ Medical College. He joined MP Shah Medical College at Jamnagar in 1956. With seniority & his skill & witty charm he soon became an HOD at Jamnagar. He was transferred thereafter to Surat medical college, where he worked for 2 years. In his last period of illustrious career, he was transferred to BJ Medical College where he worked & retired as HOD. He was very popular as the teacher amongst the students for his inimitable style of teaching, encouraging attitude & ease of establishing instant rapport. AOGS pays rich tribute to this great personality & sends condolences to family members for his irreparable loss.



**CME : 3 ON NUTRITION & DIET IN PREGNANCY
DATE : 04.06.2017**



**CME : 4 ON STERLING CANCER HOSPITAL
DATE : 18.06.2017**



**ULTRACON 2017 CONFERENCE
DATE : 10TH AND 11TH JUNE 2017**



ULTRACON 2017 CONFERENCE REPORT

DR. MAYANK CHAUDHARY

We all know fetal medicine has emerged as a speciality in recent day and antenatal USG and gynaec ultrasound is a part and parcel of practice for all obstetrician. Any conference on above subject is always well attended due to its utility in routine practice. There was 2 day intensive conference full of academics from national and our own faculties from Gujarat.

Conference started with common intervention in IVF and obstetrics like ovum pick up, CVS, Amniocentesis, Cordocentesis and other interventions also. All these procedures were well explained with videos. Speakers explained regarding tips, technique and how to avoid complications. Main aim of deliberations were that all sincere obstetricians start performing all these procedures with minimal learning curve.

Management and understanding of fetal anaemia was well explained with blood preparation and technique of IUT.

Once we start discussion fetal medicine than how we can forget aneuploidy screening and technique of NT? 1st trimester was very well covered in keynote address with anomaly detection also. Special issue of twins aneuploidy screening and 1st trimester doppler utility was also very well addressed. There was a panel discussion on soft markers and various case scenario twist which we see on daily basis with lot of clarification.

Congenital and acquired malformations of uterus discussed with classification and images. adnexal mass can be benign and malignant and now we have IOTA protocol for that. There is an app also for categorisation of adnexal mass which can be very useful for counseling and referral in such type of lesions.

Infertility was also touched. endometrial receptivity was also discussed How to detect & how to improve endometrial receptivity by various drugs including G-CSF was also discussed Predictors of poor pregnancy outcome were also discussed.

Cleft lip and palate is enigmatic issue in antenatal scan and for that advantages and limitation with the help of PMT was well explained. Young dynamic fetal medicine experts were included in main conference schedule. All of them addressed very vital topic like ARSA, Thoracic cyst, Septo optic dysplasia, Ectopic pregnancy, Meckel gruber syndrome and cervical length assessment.

How can we forget NIPT? Most recent concept and test for aneuploidy screening, all pros and cons regarding NIPT were discussed. Early neurosonogram and utility etc were discussed. (intracranial lucency) for the diagnosis of open neural tube defect and various CNS disorder like dandy walker malformation, corpus callosum dysgenesis, chromosomal disorder etc.

Genetics is now answer of all unanswered questions. Basics of genetics, genetics of recurrent pregnancy loss and genetics for day to day practice was explained with simple and clear cut take home messages. Technique for diagnosis and approach for polyamniosis was also discussed.

There were two offbeat topics - Job opportunity for radiologist abroad (USA, Canada) and word play in obstetrics reporting were also covered. It was with lots of humour and serious take home messages too.

Gentle Reminder

1. Any AOGS members, who have done something remarkable in any academic field or has done any RCH & social activities during the year 2016-17, kindly mail it to AOGS so, that we can include those activities in preparation of annual report of AOGS.
2. Those members who have not received their AOGS members directory kindly collect it from AOGS office between 11 to 6 pm except Sunday.

List of New Life Members

Sr.	Name	Mobile No.	Area
1.	Sheth Rajesh Chandulal	9825577882	Satellite
2.	Shah Jalpa Upendra	9558194422	Satellite
3.	Patel Krupa Bharatkumar	9687604420	Satellite

Movie Club

Dear Members,

We are planning once a month screening of classic movies during this year. Approximately 10 movies, all classic family entertainers, shall be shown in Mini-theatre. Please mail as your interest to enrol in this activity to allow us book adequate sized theatre. It will be priced in a subsidized manner. You are welcome to join an excellent family entertainment once a month.

Congratulations!

BY GOD BLESSING AND WISHES OF ALL OF YOU, SON OF DR. HINA MASHKARIA,
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SANSKRIT VISHARAD AT THE AGE OF 14
HE HAS SECURED ADMISSION IN COMPUTER SCIENCE IIT PAWAI MUMBAI.

RCH Activity : 'Por' Gam Visit

We have adopted 'Por' village for this year, for providing various social services to rural masses. Our Ahmedabad-west MP Dr. Kirit Solanki has adopted this village under his MPLADS scheme. Through out the year we will render our time & energy for catering various noble services like - medical health checkup camp, De-addiction campaign, Adolescent girl education, Guidance on nutrition & diet & various other services. Interested AOGS members are invited to join in this noble work. As initiative, we are going to organise one mega health checkup camp on 25th June, 2017 at 'Por' village in the morning between 10 am to 12.00 noon.

NUTRITION & DIET - DR. JIGNESH SHAH (VADAJ)

On 4th June panel discussion about significance of trace elements- a myth or reality was held. Dr. Shushma Shah, Dr. Nilesh Shah, Dr. Munjal Pandya and Dr. Janaki Pandya took part in it and Dr. Jignesh Shah (Vadaj) moderated the session.

Important summary points are:

TRACE ELEMENTS-

- What is trace elements? Naturally occurring, inorganic chemical elements required by living organisms in minute quantities daily are trace elements.
- Iron, copper, zinc, manganese, selenium and iodine along with calcium and magnesium are important trace elements for pregnancy
- Deficiency of above trace elements generally leads to oxidative stress which causes Pre-eclampsia, preterm delivery, IUGR or abortion.
- Insufficient intake of trace elements can cause small for gestation babies, preterm babies, stillbirth or improper brain development.

MAGNESIUM

- Meat, dairy products, bread, cereals and vegetables are good source of magnesium
- Magnesium plays important role in blood pressure regulation through its effect on calcium channel, arterial relaxation, lowering cerebral & peripheral vascular resistance and decreasing vasospasm.
- Magnesium deficiency leads to pre-eclampsia. Magnesium act as blood brain barrier protectant and is also act as anti convulsant.
- Magnesium also useful in treatment of preterm labour by its influence on uterine contractions.

ZINC

- Meat, seafood, legumes, whole grain cereals, pumpkins, cashews, beans, dark chocolates and fish are good sources of zinc.
- Zinc plays important role in embryogenesis, Fetal growth and milk secretion.
- Zinc deficiency associated with pre-eclampsia, PROM, preterm delivery, IUGR, congenital abnormalities and prolonged labour.

IODINE

- Iodine plays important role in Neuro psychological development of fetus. Iodine is essential component of thyroid hormones which are critical for normal growth of most organs and mainly brain.
- Iodine deficiency during pregnancy can also leads to hypothyroidism, prematurity, stillbirth.

COPPER

- Copper plays important role in haematopoiesis, thus copper becomes essential during pregnancy as there are hemi dynamic changes during pregnancy. Copper is also an essential cofactor for antioxidant enzymes which plays important role in combating the oxidative stress associated with pregnancy.
- Deficiency of copper leads to oxidative stress which leads to pre-eclampsia, fetal growth retardation and sporadic miscarriage.
- Sources of copper are shellfish, nuts, seeds, legumes and water pumped through copper

MANGANESE

- Dietary sources of manganese are wheat, brown rice, spinach, pineapple, soybeans, meat, dry fruits and fish.
- Decreased manganese intake leads to growth restricted infants and also leads to pre-eclampsia during pregnancy.
- Manganese is crucial for immune functions, regulations of cellular energy, reproduction, digestion, bone growth and blood clotting. It also functions as cofactor for many enzymatic reactions including amino acids, lipid, protein and carbohydrate metabolism.

This plays critical role in fetal development.

SELENIUM

- Selenium essential for its involvement in synthesis of seleno proteins and important antioxidants.
- Dietary selenium obtained from nuts (Brazil nuts mainly), cereals, dairy products, fish, eggs, fruits and vegetables.
- Selenium deficiency more associated with obesity.
- Reduced concentration of selenium during pregnancy can leads to reduced antioxidant enzymes which can lead to oxidative stress in pregnancy. That may cause spontaneous abortion, pre-eclampsia, gestational diabetes, PROM or IUGR.

CALCIUM

- Calcium transported across placenta via active transport mechanism to meet demands of tissue and bone development of fetus.
- Supplementation of calcium recommended during pregnancy as deficiency can leads to long term bone health of mother and developing fetus.
- Regular calcium supplements associated with prevention of pregnancy induced hypertension, pre-eclampsia, preterm birth and lowered risk of hypertension related complications of pregnancy.

IRON

- Iron is an essential component of haemoglobin, myoglobin, cytochrome and enzymes involved in redox reactions.
- Whole grain cereals, meats, fish, leafy greens, beans and jaggery are important sources of iron.
- Inadequate iron intake can result in varying degrees of deficiency ranging from iron depletion to iron deficiency anaemia.

CONCLUSION

- Panel discussion concluded with remarks that trace elements are essential for normal growth of fetus and uncomplicated pregnancy. We should recommend to all our patients diet rich in essential trace elements and whenever needed we should look for supplements.
- Thus trace elements are a reality and not myth.

Thank you
Dr. Jignesh Shah
Nava vadaj

CME : 5 - APLA & RPL

Date : Friday, 7th July 2017 | Venue - Radisson Blu, Panchvati, Ahmedabad | Time : 9.00 PM onwards

A. LATEST UPDATE ON APLA & RECURRENT PREGENANCY LOSS (RPL) - 35 Minutes

Speaker : DR. SEEMA BHATWADEKAR - M.D. (Haematologist - Haemato oncologist & Bone Marrow Physician)

Chairpersons : Dr. Meena Amin & Dr. Mita Adroja

B. Case based Panel Discussion on APLA & RPL - 35 Minutes

Moderator : Dr. Sunil Shah

Panelists : Dr. Irshad Malek (Pathologist), Dr. Eva Bhagat (Haematologist), Dr. Rushi Shah,

Dr. Raj Iyengar, Dr. Hardik Mehta, Dr. Seema Bhatwadekar

Programme Co-Ordinator : Dr. Mahesh Jariwala

(Dinner will precede the scientific session)

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CME : 6 - AUB

Date : Sunday, 9th July 2017 | Venue - Starrotel, Ashram Road, Ahmedabad.

Chairpersons : Dr. Yamini Trivedi, Dr. Shital Mehta

Time	Topic	Speakers
09:30 AM to 10:00 AM	Registration & Breakfast	
10:00 AM to 10:15 AM	Unravelling AUB (PALM – COEN Classification)	Dr. Sonal Kotdawala
10:15 AM to 10:45 AM	Interpretation of AUB – Role of USG	Dr. Sonal Panchal
10:45 AM to 11: 15 AM	Need Based Management of AUB	Dr. Priti Vyas (Mumbai)
11:15 AM to 12:00 PM	Panel Discussion : Good Practices in AUB Interesting Cases Moderator : Dr. Tushar Shah Panelists : Dr. Priti Vyas, Dr. Akshay Shah, Dr. Manoj Bharwada, Dr. Supriya Dalal, Dr. Sonal Kotdawala Dr. Shital Punjabi, Dr. Kamini Patel, Dr. Dipesh Dholakia, Dr. Tarini Taneja	
12.00 pm to Onwards	Lunch	
Programme Co-Ordinators	Dr. Lata Trivedi, Dr. Parth Shah	Supported by : BAYER - ZYDUS PHARMA

CME : 7 - Endometriosis Summit

Jointly organised with Endometriosis Committee
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Programme Co-Ordinators : Dr. Jignesh Kalaria, Dr. Dipak Pandya

National faculties: Dr. Kuldeep Jain, Dr. Bharti Jain, Dr. Gautam Khastagir, Dr. Radhakrishna Naik

1. Newer insights in etio-pathogenesis of endometriosis
2. Endometriosis in adolescence: Clinical challenges
3. Imaging in endometriosis/adenomyosis: Current trends
4. Medical mgmt of endometriosis/fibroids/adenomyosis: What is new?
5. Recurrent endometriosis; How to manage?
6. Adenomyosis & reproductive outcomes (ART)
7. Endometriosis guidelines FOGSI
8. Stimulation in endometriosis/adenomyosis; how is it different?
9. Role of endoscopy in endometriosis
10. Recto-vaginal endometriosis (DIE)
11. TLH in endometriosis
12. Debate: Surgery before IVF Yes/ No:
13. Panel – Dilemmas in endometriosis management



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