



AOGS BULLETIN

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AHMEDABAD OBSTETRICS AND GYNAECOLOGICAL SOCIETY NEWS LETTER

MAY 2014

Theme : Focus from Competition to Contribution



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Dr. Mahesh Gupta

Dr. Phagun Shah

◆ **Co-opt members**

Dr. Jignesh Shah

Dr. Dipesh Dholakia

◆ **Special Invitee**

Dr. Vijay Shah

Dr. Pragnesh Shah

Dr. Anil Mehta

Dr. Sunil Shah

Dr. Uday Patel

Editor's Report

Dear Friends,
Season's greetings !

Our new TEAM AOGS feels extremely happy to present this first issue of AOGS bulletin of the year 2014– 15 with new design and cover page.

We are thanking you for coming in large numbers in Installation Ceremony & making it a Grand Occassion. After installation ceremony on 6th April, 2014 , we have officially started working for future programmes of AOGS. We can assure you that you will get extremely good amount of academic & entertainment stuff throughout the year.

We Congratulate Dr. Mahesh Gupta & his team for successfully completing a year with so many unforgettable good memories. We will surely try to reach that level.

So, now let's start this year with new academic & entertainment events.

We need your whole hearted support & blessings during the year.

Warm Regards,

Editorial Team

Dr. Snehal kale

Dr. Anjana Chauhan

Dr. Dhaval shah,

Dr. Shashwat Jani

बेटी बचाओ



बस एक सवाल...

मातृशक्ति यदि नहीं बची तो
बाकी यहाँ रहेगा कौन ?

प्रसव वेदना, लालन-पालन
सब दुःख-दर्द सहेगा कौन ?

मानव हो तो दानवता को
त्यागो फिर ये उत्तर दो -

इस नन्हीं सी जान के दुश्मन को
इंसान कहेगा कौन ?



PRESIDENT/HON. SECRETARY'S MESSAGE

Dear friends,

At the outset we thank all of you for showing the trust & giving us the opportunity to serve our esteemed organisation for the year 2014-15.

Friends, we feel extremely happy to communicate with you through this news bulletin. The theme for this year is "Focus from competition to contribution." Friends competition always brings stress with it. So we believe that we all have to contribute in whatever little way we can for the betterment of our profession, our organisation & our society at large. We shall also contribute to save the girl child & the motto of the year is "BETI VADHAAO". It is the collective responsibility of all of us to educate & promote the society to improve the sex ratio.

Friends, last year AOGS had witnessed excellent activities in all the fronts - academics, social, entertainment & family events. For that we recognise the hard work of the whole team of AOGS & congratulate the team leaders Dr. Mahesh Gupta (president) & Dr. Phagun Shah (Hon. Sec.) for their vision, dynamic leadership & hard work through out the year.

We assure you our sincere hard work & contribution through out the year for the betterment of our organisation & expect your same whole hearted support & love that you showered during the last year.

Any suggestion for the betterment of our society is always welcome.

Sincerely yours in AOGS.

Dr. Dilip Gadhavi
(President-AOGS)

Dr. Vinod Arora
(Hon. Secretary-AOGS)

INSTALLATION CEREMONY REPORT

On 6th April, Sunday 2014 A Grand occasion of installation ceremony was organized in presence of AOGS members & dignitaries from various other fields. It was the occasion of Installation & Oath taking ceremony of the new AOGS team (2014 - 15).

Dr. Arti Patel & Dr. Jayesh Patel were Masters of ceremony. They did their work with full enthusiasm.

Dr. Snehal Kale started the programme with nice prayer. Dr. Sharad Thaker, writer of 'Doctor ni Diary' in Divya Bhaskar gave his humorous speech in his original style. Everyone enjoyed a lot.

After that our immediate past President Dr. Mahesh Gupta gave Welcome speech for NEW TEAM AOGS 2014 – 15. Then Dr. Phagun Shah gave Secretary's report which was excellent & appreciated by all with full satisfaction.

Oath taking ceremony started by Dr. Bipinbhai Patel (President IMA GSB).

Dr. Dilip Gadhavi & his Team took oath under guidance of Installation Officer Dr. Bipinbhai Patel. Dr. Dilip Gadhavi and Dr. Vinod Arora were officially declared President & Hon. Secretary of AOGS respectively.

Dr. Dilip Gadhavi in his speech introduce his new team, told his future plans for AOGS and thanked everone for giving support.

Chief guest Hon. Justice Gujarat High Court Shri Pareshbhai Upadhyay gave his speech about Medico legal aspects & PNDT ACT & gave blessings to the new team AOGS.

Hon. Secretary Dr. Vinod Arora ended the programme with Vote Of Thanks.

Total more than 130 delegates from AOGS were present. Dignitaries like Shri Pravin Rashtrapal (M.P.), Dr. Mukulbhai Shah (Pro Vice Chancellor -Guj -Uni) Dr. Jitubhai Patel (President IMAHQ), Dr. Vidhyut Desai (President AMA) also attended the function. Many senior members of AOGS like Dr. Vilasben Mehta, Dr. Vishakhaben Shah, Dr. Atul Munshi were also present to give their blessings. SOGOG chairperson Dr. Shushmaben Baxi from Baroda along with office bearers of many other societies of Gujarat honoured us by their gracious presence.

Everyone departed after having delicious lunch.



Installation Ceremony : 6th April, 2014



Installation Ceremony : 6th April, 2014





CME - 2

Date & Day
11th May 2014, Sunday.

Time
9. 30 am Onwards

Venue
Hotel Fortune Landmark, Ashram Road, A'bad.

Time	Topic / Programme	Speaker	Panelist
09.30 am to 10.00 am	Reg. Breakfast & Fellowship.		
10.00 am to 10.15 am	P G lecture.		
10.15 am to 10.35 am	Dinogest : A miracle molecule in treatment of endometriosis	Dr. Kanti Bansal	
10.35 am to 10.55 am	Obesity & PCOS	Dr. Kamini Patel	
10.55 am to 11.15 am	Role of DHEA in low ovarian reserve	Dr. Kamini Rao (Banglore)	
11.15 am to 11.30 am	G K quiz	Dr. Raj Iyengar	
11.30 am to 12.30 pm	Panel Discussion PCOS the dilemma	Moderator Dr. Kamini Rao (Banglore)	Dr. Tejas Dave Dr. Pallavi Satarkar Dr. Sanjay Bhrambhatt Dr. Sunil Shah Dr. Arti Gupte Shah
Lunch			

Programme Sponsor : Akumenties (Harmonica)

CME - 3

Is DHEA the Answer to Low Ovarian Reserve ?

Dr. Norbert Gleicher (International Faculty)

Chairpersons : Dr.Chaitanya Nagori & Dr.Sanjay Patel

Date & Day : 30th May 2014, Friday.

Time : 8:30 pm onwards

Venue : Hotel Hyatt, Alfa One Mall, Vastrapur.

Programme Sponsor : Sun Inca

programme will be followed by dinner

Smile Please

**An Economist beautifully explained
two reasons for having 2 wives.**

A- Monopoly should be broken.

**B- Competition improves the quality
of service.**

**If u have 1 wife,
She fights with u!**

**If u have 2 wives,
They will fight for u!**

**Feel the difference &
decide..**

**Author is not responsible
for any side effects....**

અમેરીકન, રશિયન અને ભારતીય
એક એવા દેશમાં ગયા જ્યાં ડોલરનો
વરસાદ થતો હતો.

અમેરીકને એક સ્ટેકીયમ જેટલું વર્તુળ
દોરીને
કહ્યું કે આમાં પડે એટલા બધા મારા.

રશિયને મોટા ગામ જેટલું વર્તુળ દોરીને
કહ્યું કે આમાં પડે એટલા બધા મારા.

ભારતીય શાંતિથી બેઠો હતો.

ધીમે રહીને તે ઊભો થયો
ખિસ્સામાંથી પેન કાઢીને જમીન પર એક
ટપકું કર્યું અને બોલ્યો :

‘આની બહાર જેટલા પડે
એટલા બધા મારા !’



Checklist for Evaluation of recurrent Miscarriages (After 2 consecutive miscarriages)

MANDATORY

- **Detailed history - including smoking / alcohol / drugs**
- **Check Age & BMI**
- **Routine Tests**
 - Complete Blood Count
 - Blood grouping & Rh typing
 - Urine routine
- **APLA Profile**
 - Anticardiolipin Antibodies IgG & IgM
 - Lupus Anticoagulant testing
 - B2 glycoprotein 1 antibodies (If available)
- **Hormonal Tests**
 - Thyroid function tests / TPO antibodies
 - Test for ovarian reserve - AMH (>35 yrs of age)
- **Glucose metabolism**
 - Fasting & 2 hours post 75g glucose
- **Evaluation for structural Uterine anomalies**
 - TVS/Hysterosalpingogram / Sonosalpingogram (Saline infusion ultrasonography)/hysteroscopy
- **Diagnosing cervical incompetence in pregnancy by-**
 - TVS assessment of cervical length and funneling of Os
- **Genetic Testing**
 - Karyotyping of both parents

UNDER RESEARCH*

- **Auto immune Screen**
- **Antinuclear Antibodies**
 - Anti double stranded DNA
- **Fasting Homocysteine level**
- **Inherited Thrombophilia Screening**
- **Peripheral Thrombophilia Screening**
- **Peripheral Natural Killer cell count**
- **Genetic Testing**
 - Karyotyping / FISH analysis of products of conception
 - Single gene defect screening-if there is a family history
- **Screening the Genital Tract**
 - Chlamydia test
 - Bacterial vaginosis screen
 - High vaginal / Endocervical swab
 - Urine culture
 - TB-PCR, Testing for genital TB
 - Semen Culture

TORCH Testing is not necessary

Endorsed by FOGSI Family welfare Committee (2009-12)

Checklist for Evaluation of Threatened Miscarriage

(Early pregnancy Bleeding)

History

- LMP
- Pattern and amount of bleeding
- Presence of pain
- Spontaneous / precipitating factory

Laboratory tests

- Urine Pregnancy test
- CBC
- Blood group and Rh typing (cross match if heavy bleeding)
- Urinalysis
- Ultrasonagraphy (Preferably Transvaginal)
- Serum B hCG levels

Transvaginal ultrasound

- 1) Viable intrauterine pregnancy (check subchorionic bleed)
- 2) Intrauterine pregnancy of uncertain viability
 - a. MSD < 25mm, CRL < 6mm - repeat TVS after 7 to 14 days
 - b. MSD > 25mm, CRL > 6mm Missed miscarriage
- 3) Empty Uterus - rule out ectopis pregnancy by serial B hCG

Clinical and Pelvic examination

- Vital signs
- Source and amount of bleeding
- Passage of tissue
- Cervical tenderness (Suspect ectopic pregnancy)
- Os closed / open
- Uterine size
- Adnexal mass (Suspect ectopic pregnancy)

Serum B hCG

- Intrauterine pregnancy should be visible on TVS at serum B hCG titer of 1500IU or more (Corresponding B hCG cut off for TAS is 6000IU)
- In viable intrauterine pregnancy, serum B hCG usually increases by over 66% in 48 hrs
- Plateauing or suboptimal rise in B hCG is suggestive of ectopic pregnancy / failing intrauterine pregnancy
- Falling B hCG titer is suggestive of non viable pregnancy

Endorsed by FOGSI Family welfare Committee (2009-12)



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- Significantly improves AMH concentration³
- Improves ovarian function & increases pregnancy chances²
- Increases the no. of FSH receptors expressed in granulosa cells⁴
- Increases IGF -1 concentration, which can promote gonadotropin effects by $\approx 150\%$ ⁴

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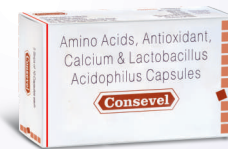
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4. Artini PB, et al. *Gynecol Endocrinol*. 2012 Sep;28(9):669-73.

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- Coral calcium improves sperm penetration capability^{5,6}
- L.acidophilus maintains the normal vaginal flora⁷

Dosage:
one capsule twice daily or
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Ref:
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4. Spagholi D, et al. *Res Commun Mol Pathol Pharmacol*. 1997; 95(2): 179-89
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7. Larsen B et al. *Clinical Infectious Diseases* 2001; 32:e69-77



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