



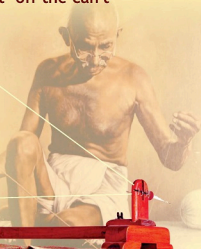
AOGS BULLETIN

www.ahmedabadobgyn.org

AHMEDABAD OBSTETRICS AND GYNAECOLOGICAL SOCIETY NEWS LETTER

OCTOBER 2013

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



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Dr. Mukesh Patel
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Dr. Dipesh Dholakiya
Dr. Hemant Bhatt



Editor's Report

Dear AOGSians,

Greetings from Team AOGS,

Once again we grab this opportunity to communicate with you.

First of all we remind you to take advantage of mammography (free of cost) scheme introduced by AOGS for you & your near & dear ones as a initiative of social responsibility.

Friends, obstetric season is in full swing & festival season is approaching fast. Before the big festival we have planned three academic events.

Force 2013 is planned on 11th-12th-13th October 2013 for P. G. students in association with FOGSI.

On 13th October a CME in association with Biocon is organized.

A CME is organized on 27th of October with Sybella-Intas.

We are also planning post-Diwali get-together in a big way for members & families. Your innovative ideas & suggestions are always welcome.

And be ready for three major conferences post Diwali.

First to come is uro-gynecology conference in association with uro-gynecology committee of FOGSI on 15th to 17th of November 2013.

Next to come is Fogsi's annual satellite conference on 21st to 22th December 2013.

Third in pipeline is grand obstetric conference in continuation with Udaipur conference in association with SOGOG on 25 to 26 January 2014.

Once again thanks a ton for all the love & affection you showered on Active Team AOGS & expecting same support & cooperation for rest of the year.

Time is like a river. You cannot touch the same water twice because the flow that has passed will never pass again. Enjoy every moment of life.

◆———— Sincerely Yours in AOGS ———◆

Dr. Kiran Desai

Dr. Vinod Arora

Dr. Raj Iyenger

Dr. Dhaval Shah



Date : 13th October 2013, Sunday
Venue : Hotel Four Point Sheraton
 Opp. Gujarat College.
Time : 9:00 am to 1:00 pm

Co-ordinators : Dr. Pinakin Rohit
 Dr. Divyesh Panchal
Chairpersons : Dr. Kiran Shah
 Dr. Nita Mishra

| Time | Subject | Speaker |
|----------------------|---|--------------------|
| 9:00 am to 9:45 am | Registration & Breakfast | |
| 9:45 am to 10:15 am | Ca Cx & Ovary: Medical Management | Dr. Alurkar |
| 10:15 am to 10:45 am | Recent Advances in Gynec Malignancy | Dr. Jayesh Patel |
| 10:45 am to 11:15 am | Recent Advances in Metastatic Breast Cancer | Dr. Jyoti Bajpai |
| 11:15 am to 11:45 am | Surgeries for Ovarian Malignancy | Dr. Mukesh Bavishi |
| 11:45 am to 12:15 pm | General Knowledge Quiz on Sports | Dr. Kiran Desai |
| 12:15 pm to 12:45 pm | Interactive Session | |
| 12:45 pm Onwards | Lunch | |

The Program is sponsored by Biocon. - Dasher - Fafda & Jalebi in Breakfast.

Date : 27th October 2013, Sunday
Venue : Hotel Courtyard Marriot
 Satellite.
Time : 9:00 am to 1:00 pm

Co-ordinators : Dr. Vishal Sharma
 Dr. Shashvat Jani
Chairpersons : Dr. Bela Patel
 Dr. Dushyant Choksi

| Time | Subject | Speaker |
|----------------------|---|--------------------|
| 9:00 am to 9:30 am | Breakfast & Registration | |
| 9:30 am to 10:00 am | Maternal Anaemia in various Trimesters | Dr. Santwan |
| 10:00am to 10:30 am | LMWH in obstetrics | Dr. Jignesh Shah |
| 10:30 am to 11:00 am | Uterine Imaging in Infertility | Dr. Mahesh Gupta |
| 11:00 am to 11:30 am | Metabolic disease of newborn-Catch me, if you can | Dr Amit Chitaliya |
| 11:30 am to 12:00 am | Fetal Erythropeiosis | Dr. Dhaval Shah |
| 12:00 am to 12:30 pm | Clomiphene V/S Enclomiphene | Dr. Jitu Prajapati |
| 12:30 pm to 12:45 pm | Quiz on Politics | Dr. Kiran Desai |
| 12:45 pm to 1:00 pm | Interactive Session | |
| 1:00 pm Onwards | Lunch | |

The program is sponsored by Sybella-Intas makers of Feromega XT, Hald SR, Ferpill M, Argitas & Evadiol.

**FORCE- 2013 (11th to 13th October)**

Venue : GCS Medical College
Date : 11th October 2013, Friday
Time : 9:00 am to 5:15 pm

Chief Co-ordinators : Dr. Hareesh Doshi
Co-ordinators : Dr. Sabiha Banerjee
Dr. Mukesh Patel
Dr. Mukesh Savaliya

| | Subject | Speaker |
|----------------------|---|---|
| 9:00 am to 9:15 am | Welcome Surprise | |
| 9:15 am to 10:00 am | Long Case : Previous LSCS | Dr. Atul Munshi (A'bad) Dr. Dipti Modi (Baroda) Dr. Babu Patel (A'bad) Dr. Sapna Shah (A'bad) |
| 10:00 am to 10:45 am | Long Case : Anemia | Dr. Ashish Mukhopadhyay (Kolkata) Dr. Sashwati Chowdhary (Gawhati) Dr. Ragini Verma (Surat) Dr. Pushpa Yadav (A'bad) |
| 10:45 am to 11:30 am | Inauguration | |
| 11:30 am to 11:45 am | Coffee Break | |
| 11:45 am to 12:20 pm | Lecture : How to appear in Viva Voce | Dr. Ashish Mukhopadhyay |
| 12:20 pm to 12:55 pm | Lecture : Thyroid Diseases in Pregnancy | Dr. Sashwati Chowdhary |
| 12:55 pm to 1:10 pm | Capsule : Important Studies | Dr. Kanupriya Singh |
| 1:10 pm to 1:45 pm | Lunch Break | |
| 1:45 pm to 2:00 pm | Quiz : Contraception | Dr. Jayshree Bamaniya |
| 2:00 pm to 2:45 pm | Short Cases : Puerperium, Ovarian Cysts | Dr. Smruti Vaishnav (Karamsad) Dr. Rajal Thaker (A'bad) Dr. Jitesh Shah (Surat) |
| 2:45 pm to 3:15 pm | Lecture : Hysteroscopy | Dr. Nozer Sheriar (Mumbai) FOGSI Secretary |
| 3:15 pm to 4:15 pm | Long Case : Prolapse | Dr. Malti Dalal (Surat) Dr. A. U. Mehta (Rajkot) Dr. Arti Patel (A'bad) |
| 4:15 pm to 4:30 pm | Coffee break | |
| 4:30 pm to 5:15 pm | Long Case : Twins | Dr. Jalpa Bhatt (A'bad) Dr. Kanaklata (Bhavnagar) Dr. Gunwant Kadiker (Bhavnagar) |

Date : 12th October 2013, Saturday

Time : 9:00 am to 5:15 pm
8:00 pm onwards

| | Subject | Speaker |
|----------------------|---|--|
| 9:00 am to 9:45 am | Long Case : PIH | Dr. Yamini Trivedi (A'bad) Dr. Bakul Leuva (Waghodia) Dr. Heena Patel (Jamnagar) Dr. Rakshita Patel (A'bad) |
| 9:45 am to 10:30 am | Long Case : Cardiac Diseases in Pregnancy | Dr. VP Paily (Kerala) Dr. Nandita Maitra (Baroda) Dr. Tejal Patel (A'bad) |
| 10:30 am to 11:00 am | Lecture : Gestational Trophoblastic Disease | Dr. Shilpa Patel (A'bad) |
| 11:00 am to 11:15 am | Coffee Break | |
| 11:15 am to 12:00 am | Long Case : Fibroid | Dr. Hemant Deshpande (Pune) Dr. S. L. Pagi (Baroda) Dr. Ashish Gokhale (Bhavnagar) Dr. Hina Oza (A'bad) |
| 12:00 am to 12:30 pm | Lecture : Stepwise Approach to PPH | Dr. V. P. Paily |
| 12:30 pm to 1:15 pm | Long Case : Ca Cervix | Dr. Ava Desai (A'bad) Dr. Pariseema Dave (A'bad) Dr. Sushma Shah (A'bad) |
| 1:15 pm to 1:30 pm | Capsule : Statistics | Dr. Nisha Chakravorty |
| 1:30 pm to 2:10 pm | Lunch Break | |
| 2:10 pm to 2:25 pm | Quiz : Gynecology | Dr. Pinakin Rohit |
| 2:25 pm to 3:05 pm | Lecture : Down's Syndrome | Dr. Hemant Deshpande |
| 3:05 pm to 3:50 pm | Short Cases : Preterm Labour, H. Mole | Dr. Manish Pandya (Surendranagar) Dr. Purvi Patel (Baroda) Dr. Mahima Jain (Rajkot) |
| 3:50 pm to 4:10 pm | Coffee Break | |
| 4:10 pm to 4:40 pm | PCOS | Dr. Phagun Shah (A'bad) |
| 4:40 pm to 5:15 pm | Instruments, Specimens, Drugs | Dr. Haresh Doshi (A'bad) |

8:00 pm to 9:00 pm

MCQ –evaluation of PG Students.
Attractive cash prizes for first three winners.

Venue : Hotel Metropole
Subhashbridge Circle, Ahmedabad.

9:00 pm to 9:20 pm

Address by FOGSI President
Dr. Hema Diwaker

9:20 pm onwards

Dhamaal Masti & Dinner

**Date** : 13th October 2013, Sunday**Time** : 9:00 am to 5:15 pm

| | Subject | Speaker |
|----------------------|--|---|
| 9:00 am to 9:45 am | Long Case : IUGR | Dr. Sanjay Munshi (A'bad) Dr. Ajesh Desai (A'bad) Dr. Nitin Raithatha (Karamsad) |
| 9:45 am to 10:30 am | Long Case : Infertility | Dr. Maitri Shah(Baroda) Dr. Deepak Desai (Waghodia) Dr. Samipa Shah (A'bad) |
| 10:30 am to 11:10 am | Newer techniques in Caesarean Section. | Dr. Mahesh Gupta (A'bad) |
| 11:10 am to 11:30 am | Coffee Break | |
| 11:30 am to 12:05 am | Lecture: Sweeping through ages- PCOD and Metabolic syndrome | Dr. Hema Divakar (Bengaluru) |
| 12:05 am to 12:50 pm | Long Case : DUB | Dr. Sumant Shah (A'bad) Dr. Jayesh Acharya (Surendrnagar) |
| 12:50 pm to 1:05 pm | Capsule : Medical Management of Ectopic Pregnancy | Dr. Ami Shah |
| 1:05 pm to 1:45 pm | Lunch Break | |
| 1:45 pm to 2:00 pm | Quiz : Obstetrics | Dr. Divyesh Panchal Dr. Sashwat Jani |
| 2:00 pm to 2:45 pm | Long Case : Recurrent Pregnancy Loss | Dr. Ami Mehta (A'bad) Dr. Akshay Shah (A'bad) Dr. Tushar Shah (A'bad) |
| 2:45 pm to 3:30 pm | Short Cases : Breech, Leucorrhoea | Dr. Bipin Naik (Gotri) Dr. Nalini Anand (Jamnagar) Dr. Sabiha Banerjee (A'bad) |
| 3:30 pm to 4:15 pm | Long Case : Rh negative | Dr. Satish Kadiker (A'bad) Dr. Bipin Shah (Surendranagar) Dr. Vijay Kansara (A'bad) |
| 4:15 pm to 4:45 pm | Tips for Exams | |
| 4:45 pm to 5:15 pm | Valedictory function, Prize Distribution, High Tea | |



A Surgical workshop, third of the series, was organized on 22nd September 2013 at Indus Hospital II, Sabarmati, Ahmedabad.

After giving justice to tasty breakfast, TLH was demonstrated by genius laparoscopist Dr. Dipak Limbachiya. Demonstration of anatomy was just superb.

Next to come was NDVH by President Dr. Mahesh Gupta. Everybody appreciated the practical tips given & felt that it is really very easy to perform NDVH.

Two LSCS operations by Dr. Mahesh Gupta were also demonstrated by Misgav-Ladach technique, out of which one was a very obese pt. with previous cesarean operation. Technique of internal iliac ligation, B-lynch suture & its modification with technique of stepwise devascularisation were demonstrated very nicely. All the queries from delegates were explained with a very scientific approach.

Total 16 delegates attended the workshop & enjoyed the surgical feast. After enjoying the delicious lunch everybody departed with the feeling of satisfaction.

As you all know it is president's pet project & looking to the response of AOGSians, Team AOGS is dedicated to organize more such workshops in different areas. Three more are in pipeline.

Memories of Surgical Workshop 3 on 22-9-13





Memories of CME on 15th September 2013 at Hotel Metropole.



Memories of CME on 25th September 2013 at Hotel St Larn.





Announcement
Family Program - 2
Diwali Sneh Milan

Aatashbaji

Dinner

Housie

Get to Gather



| Venue | Date |
|--|--|
| Fun Point Club, S. G. Highway, Ahmedabad | Sunday, 24 th November, 2013. |



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Forth Coming National & International Events



UROGYNAC 2013



International Conference hosted by

FOGSI, AOGS & UROGYNAC COMMITTEE

on 15th, 16th, 17th November 2013

Venue : Hotel Cambay Grand, Ahmedabad



AOGS & SOGOG announces



Obstetric Conference (Current Practice Scenario)

on 25th & 26th Jan 2014

Venue : Hotel Grand Bhagwati, Ahmedabad



AOGS & FOGSI announces



Satellite Workshops & Conference

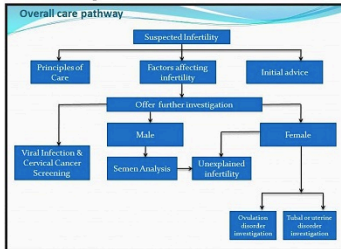
on 21st & 22nd December 2013.

Workshop Venue : Cadaveric Lab,

K.M.School of Postgraduate Medicine

Conference Venue : BISAG Studio, Gandhinagar

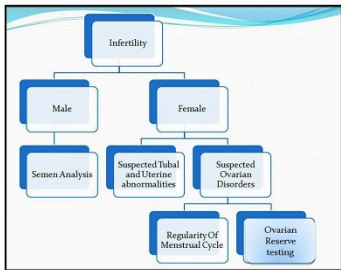
Principles of Care



Couples who experience problems in conceiving should be seen together because both partners are affected by decisions surrounding investigation and treatment.

The environment in which investigation of fertility problems takes place should enable people to discuss sensitive issues such as sexual abuse.

Initial advice to couples seeking infertility treatment



People who are concerned about their fertility should be informed that over 80% of couples in the general population will conceive within 1 year if: - The woman is aged under 40 years and they do not use contra-ception and have regular sexual intercourse.

Of those who do not conceive in the first year, about half will do so in the second year (cumulative pregnancy rate over 90%).

Ovarian Reserve Testing

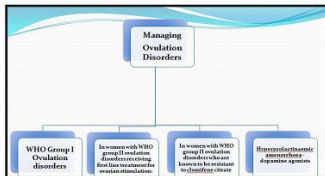
Use a woman's age as an initial predictor of her overall chance of success through natural conception or with in vitro fertilisation (IVF).

Use 1 of the following measures to predict the likely ovarian response to gonadotrophin stimulation in women who are eligible for IVF treatment:

| TESTS | LOW RESPONSE | HIGH RESPONSE |
|-----------------------------|--------------|---------------|
| Total antral follicle count | = 4 | >16 |
| Anti-Mullerian hormone | = 5.4 pmol/L | =25 pmol/L |
| FSH | >8.9 IU/L | < 4 IU/L |

The following tests cannot predict outcome of infertility:-

- Ovarian volume
- Ovarian blood flow
- Inhibin B
- Oestradiol (E2)



WHO Group I Ovulation disorders

- Increase their body weight if they have a BMI of less than 19 **and/or**
- Moderate their exercise levels if they undertake high levels of exercise.
- Offer:-
 - Pulsatile administration of GnRH or
 - Gonadotrophins with LH activity to induce ovulation.

In women with WHO group II ovulation disorders receiving first line treatment for ovarian stimulation:

Offer:-

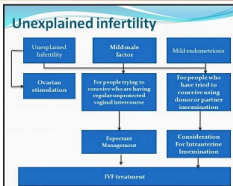
- Clomifene citrate or
- metformin or
- a combination of both.

For women who are taking clomifene citrate, offer ultrasound monitoring during at least the first cycle of treatment.

Clomifene citrate **SHOULD NOT** be continued for longer than 6 months.

WHO group II ovulation disorders known to be resistant to clomifene citrate

- Consider one of the following second line treatments:
 - Laparoscopic ovarian drilling **or**
 - Combined treatment with clomifene citrate and metformin if not already offered as first-line treatment **or**
 - Gonadotrophins.



Ovarian stimulation for unexplained infertility

DO NOT offer oral ovarian stimulation agents to women with unexplained infertility.

Inform women with unexplained infertility that clomifene citrate as a stand-alone treatment does not increase the chances of a pregnancy or a live birth.

Expectant management

Do not routinely offer intrauterine insemination, either with or without ovarian stimulation. Advise them to try to conceive for a total of 2 years (this can include up to 1 year before their fertility investigations) before IVF will be considered. **Wait for 2 years**

Prediction of IVF success and IVF procedure

In women aged < 40 years:-
who have not conceived after 2 years of regular unprotected intercourse or 12 cycles of artificial insemination

OFFER 3 FULL CYCLES OF IVF

(If the woman reaches the age of 40 during treatment, complete the current full cycle but do not offer further full cycles)

In women aged 40–42 years:-
who have not conceived after 2 years of regular unprotected intercourse or 12 cycles of artificial insemination

OFFER 1 FULL CYCLE OF IVF

Provided the following 3 criteria are fulfilled:

- They have never previously had IVF treatment
- There is no evidence of low ovarian reserve
- There has been a discussion of the additional implications of IVF and pregnancy at this age.

Controlled ovarian stimulation in IVF

Use either urinary or recombinant gonadotrophins for ovarian stimulation as part of IVF treatment.

When using gonadotrophins for ovarian

stimulation in IVF treatment use an individualized starting dose of FSH.

Do not use a dose of FSH of more than 450 IU/day.

IVF Embryo transfer strategies

Replacement of embryos into a uterine cavity with an endometrium of less than 5 mm thickness is unlikely to result in a pregnancy and is therefore not recommended.

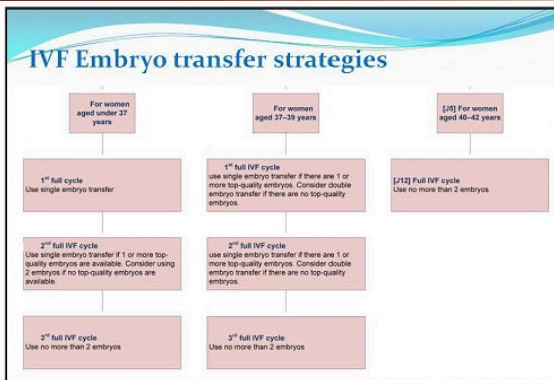
Women should be informed that bed rest of more than 20 minutes' duration following embryo transfer does not improve the outcome of IVF treatment.

Where a top-quality blastocyst is available, use single embryo transfer.

No more than 2 embryos should be transferred during any one cycle of IVF treatment.

Offer cryopreservation to store any remaining good-quality embryos after embryo transfer.

Advise women who have regular ovulatory cycles that the likelihood of a live birth after replacement of frozen-thawed embryos is similar for embryos replaced during natural cycles and hormone-supplemented cycles.



INFERTILITY –WHEN TO REFER ?

A woman of reproductive age who has not conceived after 1 year of unprotected vaginal sexual intercourse, in the absence of any known cause of infertility, should be offered further clinical assessment and investigation along with her partner.

A woman of reproductive age who is using artificial insemination to conceive should be offered further clinical assessment and investigation if she has not conceived after 6 cycles of treatment, in the absence of any known cause of infertility.

Offer an earlier referral for specialist consultation to discuss the options for attempting conception, further assessment and appropriate treatment where:

- the woman is aged 36 years or over
- there is a known clinical cause of infertility.

People who are concerned about their fertility and who are known to have chronic viral infections such as hepatitis B, hepatitis C or HIV should be

referred to centres that have appropriate expertise and facilities.

To Summarize

For ovarian reserve testing use either total antral follicle count, AMH levels or FSH levels.

Continuing Clomifene citrate for longer than 6 months does not improve the outcome.

Do not offer oral ovarian stimulation agents to women with unexplained infertility.

In unexplained infertility wait for 2 years before offering IVF.

In women aged < 40 years, offer 3 full cycles of IVF whereas in women with age 40-42 years, offer 1 full cycle of IVF

Do not use a dose of FSH of more than 450 IU/day for ovarian stimulation in IVF.

Where a top-quality blastocyst is available, use single embryo transfer.

No more than 2 embryos should be transferred during any one cycle of IVF treatment.

Mammography Screening Program has been specially designed for members of AOGS or their spouse. The program starts from July 2013.

The member should contact local Co-ordinators or the Chief Co-ordinators for their appointment; for getting mammography done.

You have the option to choose from the following:

USMANPURA IMAGING CENTRE
30, Ambica Society, Near Kalol Nagrik Bank, Opp. Usmanpura Garden, Usmanpura, Ahmedabad-380013.
Phone : 079-27552555 / 666 / 777

SANYA DIAGNOSTIC (RADIOLOGY)
3, Ground Floor, Shivalik Ishan, Near Reliance Petro Pump, Near C. N. Vidhyalay, Ambawadi , Ahmedabad-380015.
Phone : 079-26401704/05, 40306615

DR. SONAL PANCHAL
NAGORIS INSTITUTE OF INFERTILITY
1st Floor, Kedar Building, Opp. Krupa Petrol Pump, Nr. Parimal Garden, Ahmedabad-380006.
Phone : 079- 26401090, 26402090

ACCUVIEW DIAGNOSTICS
Block-B, Neelkanth Park-II, Nr. Bsnl Telephone Exchange, Ghoda Camp Road, Shahibaug Ahmedabad-380004.
Phone : 079-22682818

SIDDHIVINAYAK IMAGING CENTER
Siddhivinayak Hospital, Behind Kakariya Lake, Maninagar, Ahmedabad-380008.
Phone : 09327052659, 079-25451821

DR. GHANSHYAM DABHI
Shivam X ray Clinic, Opp. Mehsana Society, Nava vadaj, Ahmedabad-380013.

AOGS will bear the expenditures of Mammography.

CHIEF CO-ORDINATORS

• Dr. Anjana Chauhan
+91 9327064981

• Dr. J. D. Patel
+91 9825037891

Co-ordinators Mobile List

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| Dr. Shashikala Sahu | 9824277494 |
| Dr. Suvarnaben | 9825233616 |
| Dr. Krupa Trivedi | 9898468038 |
| Dr. Lalita Kothari | 9228418797 |
| Dr. Nidhi Saxena | 9327115420 |
| Dr. Kokila Patel | 9427711575 |
| Dr. Jayshree Sheth | 9879791640 |

| Name | Number |
|-------------------|------------|
| Dr. Shilpa Gajjar | 9824045703 |
| Dr. Anila Kapadia | 9824039227 |
| Dr. Neeru Shah | 9327049323 |
| Dr. Lata Trivedi | 9925042824 |
| Dr. Bina Patel | 9327031131 |
| Dr. Bela Patel | 9825160599 |
| Dr. Neeta Mishra | 9924330277 |

The report will be delivered at AOGS. The copy of report can be obtained from AOGS office after a week, of the date of Screening.



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Dr. Abhishek Bansal

Fellow in Neonatology,
Sydney, Australia
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Advance Technology

- IMSI (Intracytoplasmic Morphologically- Selected Sperm Injection)
- Embryoscope
- PGD (Preimplantation Genetic Diagnosis)
- CGH (Comparative Genomic Hybridization Analysis of all chromosomes in embryo).
- ERA (Endometrial Receptivity Assay)

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Directors - Dr. Pravin Patel | Dr. Manish Banker



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