



AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

AOGS TIMES

॥ ज्ञानम् ॥

AUGUST 2024 | VOLUME 05

Motto : Knowledge is Power - Unity is Strength
Theme : Health & Happiness for Her

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TEAM AOGS MESSAGE



Dr. Sunil Shah
President



Dr. Akshay C. Shah
Hon. Secretary

Dear Members,

August brought a lot of cooling effect in atmosphere with rains; though at many places, floods took heavy toll...

We have prestigious ICOG conference in October and the preparations for the same are in full swing. We wish that all of our members do get registered and get benefited from the experience and knowledge of experts who would include not only National, but International faculties as well! Do contact office for any further assistance.

One more thing which is about to happen for the first time during this conference: ICOG Fellowship convocation will happen here in Ahmedabad; for the first time this convocation will happen at a time other than AICOG conference. Those who have finished 10 years of practice, please contact office to check your eligibility for the same.

We wish you happier and healthier times!

STIMULATION PROTOCOL FOR IUI WITH GONADOTROPIN



Dr. Ashish Varma

Assistant Professor,
NMMC, Ahmedabad.

Always we have to see the baseline scan for any active CL, Antral follicle counts and ovarian vascularity.

For IUI :

Start with Tab Letrozole 2.5 mg on day 2-3 daily for 5 days followed by scan in day 7-9 , for any dominant follicle i.e follicle of more than 10 mm mean size, if there is no dominant follicle we can wait for another 5 days, if dominant follicle is seen start with r-FSH 75 or FSH 150HP daily (never alternate day , also never use HMG in PCO as LH is already high in PCO and again HMG will cause increase in LH which is detrimental to the follicle) till you get a good endometrium triple line with grade 4 vascularity, you can give a trigger with gonadotropin same day followed by IUI 36 hour later or double IUI 24 and 48 hours if you think that follicle might get rupture early .

IF you didn't get a dominant follicle as in PCO you can start with a constant low dose protocol of FSH (r-FSH 37 IU and FSH-HP 75) daily till you get a dominant follicle, this protocol is for mono- follicular development for IUI, this may cost you more but u will get definitely a single follicle might have to wait for even 10 days after letrozole .

Key points:

- For age more than 35 you can use HMG instead of FSH other than that FSH is good option, as you can always get recombinant-FSH.
- Never use HMG in PCO due to high LH.
- Always wait for dominant follicle before starting gonadotropin for monofollicular development .
- Never use gonadotropin alternate day,(as terminal half-life of FSH is of 1 day) once started has to be used daily as pituitary is secreting daily FSH ,so if you give FSH one day and stop on another the follicle will not get FSH by you and also the pituitary due to its down regulation by you , which will again deteriorate the follicle.

FACE THE WORLD IN ITS STRIDE



Dr. Falgoon Parikh

MD Gynaecology

Dear young Friends

It's Specially For those who have just stepped in to the Hurricane of medical practice.

You have toiled in childhood and in teenage in education to fulfill the dream of best education.

Your college life, in comparison to others have been a hell under constant endeavour to excel.... And you have stepped in to PG to face a nightmare of struggle.

26 years (50%) of your prime life is over by now.

Sorry to be so blunt but let's accept as reality.

IMAGINE FOR WHAT ?

To have a great future and most pleasurable life ahead. Now the challenges of your professional life has just begun and now it's a race against time.

Here are some tips to make rest of your life worthy of living and full of happiness.

Exercise at least 30 minutes a day for 5 days

(we invest in real estate, gold, stocks etc but to enjoy the fruits of these investments we forget to invest in health)

Have Non-medical friends where you can talk anything except medical

Develop some hobby where you can divert your mind away from our subject

Out of 52 weekends spend at least 20 in lap of nature

Don't enter the Rat Race of how many surgeries you have done... etc

It's not Olympic and we are not here to break records

Plan at least 2 Tours each of 5 to 7 days and 2 tours of 10 days each year (select offbeat places to meet with your budget)

Make your work pleasurable.. don't over burden yourself in a rat race to earn money more than you need

Don't run behind Name and fame... people remember Dawud Ibrahim and Osama bin Laden more than Albert Einstein, Edward Jenner, Alexander Fleming and Edison ☹

Don't run here and there to Multiple hospitals and exhaust yourself at the end of the day. Instead build your small Hospital empire where you are the King.

Don't compete yourself with anyone.. think you are the best... Superiority complex is always better than Inferiority complex

Lot more to pen but my message is clear .

YOUR PROFESSION IS FOR YOUR LIFE BUT YOUR LIFE IS NOT FOR YOUR PROFESSION.

Some glimpses of my life

Studied in Govt School in Gujarati medium

Not a meritorious student in school

MBBS & MD from MPSMC Jamnagar.

Most mischievous student.

Did not get in PG in choice of my branch. Only MD in Gynaecology was available.. So became Gynaecologist by force not by choice.

Extra curricular achievements during medical study.

Elected as G.S. of All 5 medical colleges of Gujarat

National champion in Swimming.

State champion in

Javelin Throw

Rifle Shooting

Marathon

State level Cricket player

Till date have won 1017 medals in swimming.

Right now Practicing in full swing for 2026 World Swimming Championship.

Daily Routine

7:30 to 9:30 am

Yoga , Gym , weight training, Swimming

9:30 to 10:30 am

Daily Breakfast with friends at Ele's Bridge Gymkhana (a group of 20 persons where I am the only Doctor)

11 to 1 consultations

2pm to 4:30 pm

30 min Subject reading

Then

Playing flute and Mandolin or Drawing

4:30 to 5:15pm

Power nap

6 to 7:30 pm consultation

Average around 50 deliveries and 60 surgeries per year

No MTPs

Wildlife Photography - My Passionate Stressbuster



Dr. Nahid Ansari (Laliwala)

MB. D.G.O.

Muskan Maternity Home, Sarkhej Road, Ahmedabad

25 yrs of practice



Such a melodious musical note of the shutterbugs. One click and the whole world freezes. One can create a perfect picture on the canvas of that moment, action, emotion, drama or color. Who says 'WAQT KABHI THAMTA NAHI' The cameras help you to seize that 'waqt' forever in your memories. That 'Lamha' is locked in your life, till eternity. One gets the power to create a whole new unique world of storytelling. This amazing piece of art paints the canvas with varied colors of the Mother Nature as in the form of Colorful Flora, Diverse Fauna, Evergreen Forests, Vast Deserts, Mysterious Celestial Formations, Romantic Moon Galde, Enchanting Aquatic World and Baffling and Selfish Human Nature. So, to confess, this amazing, ever astounding creation of the almighty pulled me towards it, like a blackhole, and I gladly surrendered to it.

A few years ago, I was completely naive in the field of photography. As a gyanec, we are all trained to see the Pandora's box – the abdomen. Our eyes are trained to locate a pathology and give the best treatment to our patients. I opted to expand my vision from that red and white field to the vast, pristine and colorful world of mother nature. It turned out to be more addictive.

It is disheartening to see how we humans treat our lovely home. This universe is the ultimate creation of God and we, as the most intelligent creation of God, should preserve and protect it. But what are we doing to it?

To preserve what I feel should be conserved, the moments, I started capturing the fascinating world into my camera. The more I got to see the dazzling world, the more captivating it became.

Getting close to nature with the help of my camera made me closer to the creator. It helped me to calm down, to rejuvenate myself, to relax, it made me more patient and more resilient. Infact, I got to know the newerside of “me”. And truly I fell in love with my preservationist side.

We are all busy in the rat race, counting patients, surgeries, hisab and the list is endless. Our busy schedules forbid us to take some mandatory time out. We take such a mammoth amount of stress, that we have forgotten to live our preciously gifted life. Let's take a little pause, take a much-needed break and dive into this enchanting world of mother nature. Just take a stroll, go for small trips, plan trekking, arrange family gatherings, develop some hobby and take out that “Me Time”. Keep yourself Happy. ” HUM HAPPY TOH DUNIYA HAPPY”.

Just live life with ease and grace. Happy faces are contagious, let's spread it like wildfire.



DR. SHIRISH DAFTARY

YOUNG TALENT AWARD



FOR AOGS MEMBERS.



**Please Register Your Name Before 15/09/2024 with
Your Achievements and Details.**

Age: below 40 years*.

Judges

Dr. Alpesh Gandhi
Past President, FOGSI

Dr. Parul Kotadawala
Chairman, ICOG

Dr. Atul Munshi
Past Chairman, ICOG

Life Beyond Medicine: A Perspective



Dr. Darshini Shah
MD, DGO



Dr. Bhavit Shah
MD Gynaec

“Never get so busy making a living that you forget to make a life.”

As doctors, we often find ourselves consumed by the demands of patient care, surgeries, and the constant pursuit of medical knowledge. For the past 20 years, we, Dr. Darshini Shah and Dr. Bhavit Shah, have dedicated our lives to the field of gynecology. While our careers have been immensely fulfilling, we have also discovered the importance of cultivating a life beyond the confines of medicine, one that brings joy, balance, and renewed energy to our daily practice.

At our hospital in Naranpura, where I (Darshini) specialize in obstetrics and infertility, accountability to our patients is always at the forefront. However, we have learned that it is equally important to invest ourselves outside of work. For me, dance, especially Garba and free dance styles, is more than just a hobby; it's a source of immense joy and self-expression. Attending meetings, watching movies, and spending time with friends helps me stay connected to the world outside the hospital walls. Reading suspense novels provides an exciting escape, helping me recharge after a long day.

I (Bhavit) have found fulfillment inside the operating room through my work in endoscopic surgery. Beyond that my passion to study finance lead me to become a certified financial planner, which has opened up new avenues for intellectual growth. I have been learning Photography and graphic designing that provides me with creative opportunities which is a nice contrast to the structured world of medicine. And playing table tennis every evening sharpens my competitive spirit and keeps my mind and body active.

Through our experiences, we have come to understand that “medicine, while very rewarding, is only one aspect of a balanced life.” A balanced life is not just a luxury but a necessity. By cultivating interests outside of work, we as physicians can achieve a healthy balance that not only increases our personal well-being but also enhances our professional performance. “Extracurricular activities and hobbies are not just distractions, but important components of a balanced life.”

For us, these activities are indispensable. My (Darshini) love of dance is not just about movement; it's about the joy, self-expression and physical well-being it brings. My (Bhavit) involvement in photography and table tennis is not just a hobby; it's about creativity, competition

and staying mentally and physically fit. These activities remind us that life beyond our professional roles is essential to maintain overall health and happiness.

“Caring for others begins with caring for yourself.” This is a principle we have adopted throughout our journey. Whether it’s through dance, socialising or the excitement of a good book, we have discovered that living a balanced life is not only possible, but essential. This keeps us grounded, inspired, and ready to face the challenges of our medical practice with a new perspective each day.

To our fellow physicians, we offer this perspective as a gentle reminder: “Embracing life beyond medicine does not mean neglecting your duties; it means enriching them by becoming a more fulfilled and fulfilled person.”

LIFE MANTRA

Do things that make you happy, because life is very precious. Live life with zeal and enthusiasm. You must tell yourself that “I want to live beautifully,” because no one will ever tell you that.

“Almost everything will work again if you unplug it for a few minutes... including you.” – Anne Lamott

- Dr.Darshini Shah & Dr.Bhavit Shah



AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY SOCIAL SECURITY SCHEME

આપણી સોસાયટીની સોશિયલ સિક્યોરીટી સ્કીમ આશરે છેલ્લા ૧૫ વર્ષથી ચાલે છે.

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રૂા. ૩,૨૫,૦૦૦ જેવી માતબર રકમ મળી શકે છે. જેમ મેમ્બર્સની સંખ્યા વધતી જશે તેમ

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18 19 20 OCTOBER, 2024

Venue : **Karnavati Club,**
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Theme : **Safe Practice in Ob.Gyn.**

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ICOG Fellowship Convocation

Dear Colleagues, for the first time ICOG Convocation will be held at the time of Annual ICOG Conference, Ahmedabad. Please avail this opportunity to get the fellowship here.

The details and link for the form can be checked on ICOG website.

<https://icogonline.org/>

<https://ahmedabadobgyn.org/>

Physical form may also be collected from New AOGS Office.

Proposed International Faculties :

- Anne Kihara – Africa
- Mangla Dissanaika – Sri Lanka
- Aparna Shridhar – USA
- Phurb Dorji – Bhutan
- Dibendu Dutta – UK
- Pisake Lumbiganon – Philippines
- Farhana Diwan – Bangladesh
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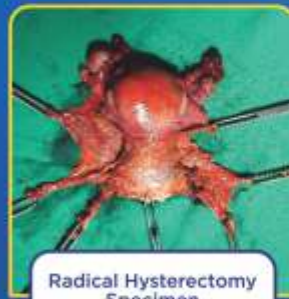
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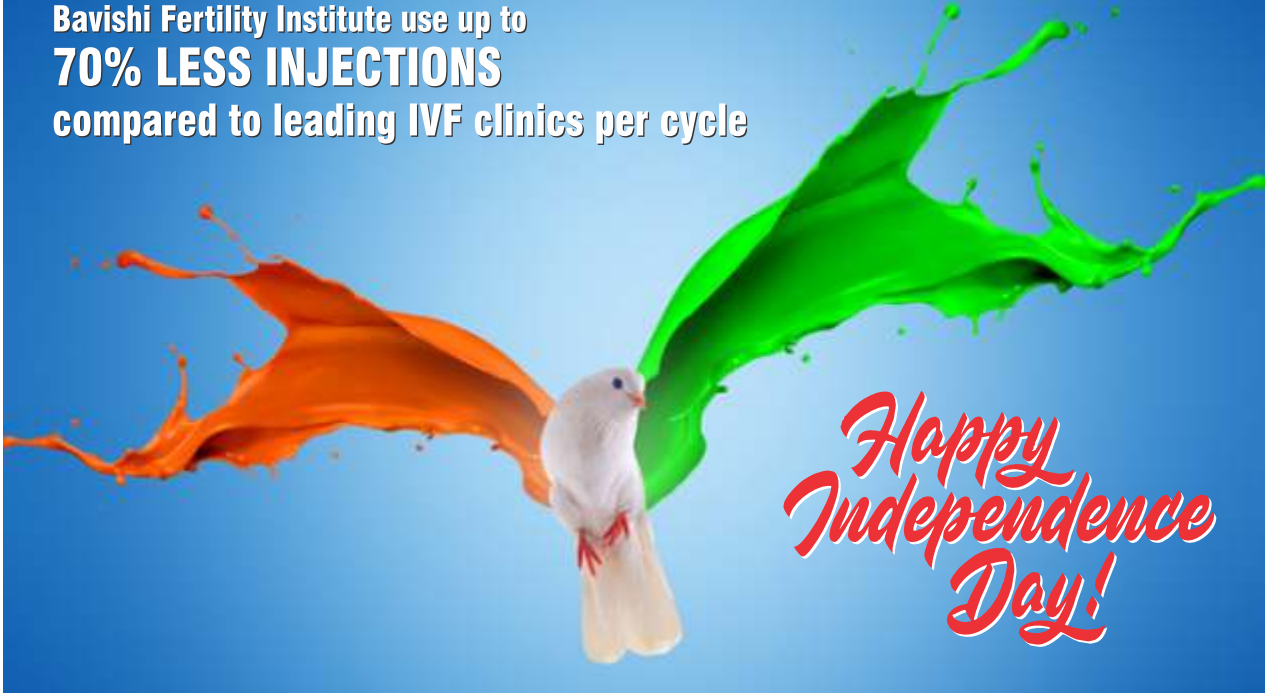
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Best IVF Chain
 In India (West)
(The Economics Times)
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Best IVF Clinic
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(Mid-Day)



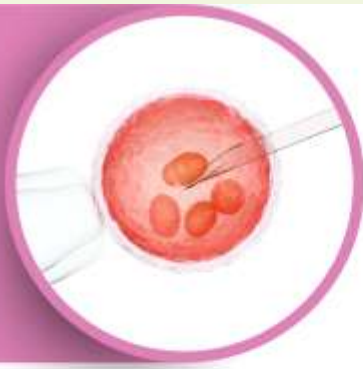
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AWARDS & ACHIEVEMENTS

- Awarded as "Gujarat nu Gaurav" for work in Healthcare sector by The Chief Minister of Gujarat Shri. Vijay Rupani. The Felicitation was done considering extensive work of SNEH HOSPITAL in field of Infertility & IVF Treatment across Gujarat we announce proudly that we are the part of "JOURNEY OF GROWTH & PROSPERITY OF GUJARAT, INDIA"
- "The Legend of Gujarat Award" For excellent work in the gynecology & Infertility Field, Shri. Harsh Sanghvi, Home Minister, Government of Gujarat-2023
- A Leading Centre For Male Infertility Treatment with Inhouse Availability of Urologist.
- Experienced and Expert full time senior embryologist and team of Doctors.
- 1st Match Witness System in Western India

Services

- | | | |
|----------------------|----------------------|---------------------------|
| 1 INFERTILITY WORKUP | 6 HYSTEROSCOPY | 11 EGG BANK |
| 2 IUI, IVF, ICSI | 7 SURROGACY | 12 EGG FREEZING |
| 3 3D/4D SONOGRAPHY | 8 LASER HATCHING | 13 MALE INFERTILITY |
| 4 PGD/PGS | 9 BLASTOCYST CULTURE | 14 (TESA/PESA-MICRO TESE) |
| 5 LAPAROSCOPY | 10 SEMEN BANK | |



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SNEH WOMEN'S HOSPITAL & IVF CENTRE

MANINAGAR

Sneh hospital, between hatkeshwar circle to sevanthday school, Maninagar.

PRAHLADNAGAR

3rd Floor, Sahajanand Palace, Prahladnagar.

GOTA

2nd Floor, Shree Vishnudhara Gardens, Jaguar Showroom Road, Jagatpur, Gota.

BRANCHES : VADODARA | RAJKOT | JAMNAGAR | JUNAGADH | BHUJ | MORBI | ANJAR | BADMER | BANSWARA | BALOTARA |

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