



AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

AOGS TIMES

“SUTRA”

“Thread” of concise knowledge

Theme : “Women’s Health : Prevent, Detect & Thrive”

Motto : “United in Purpose, Stronger Together”

MARCH 2026

VOLUME 12

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નિરાશાથી આશા સુધી... આશાથી સ્વાગત સુધી...

સનફ્લાવર ivf હોસ્પિટલ **૨૨ વર્ષોનો** અનુભવ, વિશ્વાસ અને સફળતા નો વારસો લઈ ને હવે તમારી નજીક, ગાંધીનગર માં નવી શાખા સાથે આવી રહી છે.

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TEAM AOGS MESSAGE



Dr. Nita Thakre
President



Dr. Parth Shah
Hon. Secretary

Dear friends,

We greet you today with a sense of reflection and gratitude, as our term comes to a close. Serving the AOGS has been both an honour and a deeply enriching experience. Over the past year, we have had the privilege of working alongside dedicated colleagues who share a common commitment to advancing gynecological practice and improving women's health. Together, we have taken steps—small and significant—towards strengthening academic dialogue, encouraging collaboration, and upholding the standards that define our profession.

This moment of transition comes on the heels of International Women's Day, which makes it all the more meaningful. Our work, at its core, is about the health, dignity, and well-being of women. Every initiative we have undertaken, every discussion we have encouraged, has ultimately been in service of that larger purpose. While there is always more to be done, we take satisfaction in knowing that we have contributed, in our own way, to this ongoing effort.

As we hand over the reins, we do so with confidence in the future of this organization. Leadership may change, but the vision remains constant. We extend my sincere thanks to all members for their trust, support, and engagement throughout our tenure. It has been a privilege to serve, and we look forward to being a part of this amazing community, and seeing the organization continue to grow and evolve in the years ahead.

Dr. Nita Thakre
President

Dr. Parth Shah
Hon. Secretary

CENTERSTAGE



Carolyn R. Bertozzi

Carolyn R. Bertozzi was awarded the Nobel Prize in Chemistry for her pioneering work in **bioorthogonal chemistry**, a field that allows chemical reactions to occur inside living systems without interfering with normal biological processes. Building on the concept of **“click chemistry,”** Bertozzi developed reactions that can take place safely within living cells, enabling scientists to label and track biomolecules in real time. One of her major contributions was designing chemical probes that can selectively bind to specific sugars (glycans) on cell surfaces, making previously invisible biological processes observable.

Her work has had profound implications for medicine and clinical research, particularly in **cancer biology and drug development**. By enabling the precise study of cell-surface molecules, Bertozzi’s techniques have improved understanding of how cancer cells evade the immune system and how infections spread within the body. These advances have opened pathways for **targeted therapies**, including novel cancer treatments that can deliver drugs directly to diseased cells while sparing healthy tissue. Her research continues to bridge chemistry and medicine, providing powerful tools for diagnostics, imaging, and the development of more effective and less toxic therapies.

MEDICAL NEWS

Ahmedabad

Affordable Semaglutide Access

Generic semaglutide is now available at significantly lower cost, improving access for diabetes and obesity management. Expect increased patient demand and the need for counselling on side effects and long-term use.

Rise in Oral Pre-Cancer Detection

Large-scale screening programs are identifying more early oral lesions, especially in high-risk populations. This highlights the importance of routine oral examination in general OPD practice.

Growth in Organ Donation Programs

Ahmedabad has seen a steady increase in organ and tissue donations, strengthening transplant services. Clinicians should be more proactive in identifying and counselling potential donor families.

Mental Health Concerns Increasing

Recent incidents highlight a growing burden of psychological stress in the community. Routine screening for depression and anxiety is becoming increasingly important in clinical settings.

Gujarat

Statewide Free HPV Vaccination Drive

Gujarat has launched a large-scale HPV vaccination campaign targeting ~5.5 lakh girls (age ~14), rolled out from Ahmedabad.

The vaccine is being provided free under the Universal Immunization Programme, with structured cold-chain logistics and digital tracking.

Healthcare Policy & Regulation Updates

Amendments to clinical establishment laws aim to streamline registration but maintain strict compliance standards. Clinicians should stay updated to avoid penalties and ensure regulatory adherence.

Rise in Preventive Health & Nutraceutical Use

There is a sharp increase in over-the-counter supplement use among the population. Physicians need to guide patients to avoid misuse and ensure evidence-based supplementation.

India & Global

Historic Nationwide HPV Vaccination Rollout (2026)

India launched a nationwide program targeting ~1.1–1.2 crore 14-year-old girls, one of the largest globally.

A single-dose schedule (Gardasil-4) is being used, with continuation in routine immunization.

Government policy explicitly combines:

- HPV vaccination
- Screening (Pap smear / VIA programs)
- Early treatment pathways

This aligns with WHO's cervical cancer elimination model (90-70-90 targets).

Hospital Safety Under Scrutiny

Recent incidents have renewed focus on fire safety and hospital infrastructure standards.

Strict compliance with safety protocols is becoming a priority across institutions.

Expansion of Medical Education

Increase in medical colleges and seats aims to address workforce shortages.

However, maintaining quality of training versus quantity of graduates remains a key concern.

Shift Toward "One Health" Approach

Growing emphasis on integrating human, animal, and environmental health in disease management.

Particularly relevant for infectious diseases and public health planning.

ORATIONS : Date : 22.03.2026



ORATIONS : Date : 04.04.2026



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Nutrigenomics in Clinical Practice: Moving Toward Truly Personalized Care



Dr. Arati Gupte

In everyday clinical practice, we frequently encounter a familiar pattern—patients who appear to follow similar diets and lifestyles, yet demonstrate markedly different health outcomes. One develops dyslipidemia despite “eating healthy,” another struggles with weight despite caloric restriction, while a third responds rapidly to modest lifestyle changes. Increasingly, these differences are being understood through the lens of nutrigenomics and related fields such as diet and fitness genomics. At its core, this approach recognizes a simple but powerful principle: an individual’s genetic makeup influences how their body responds to food, exercise, and metabolic stress.

Nutrigenomics explores how nutrients interact with gene expression, influencing pathways related to metabolism, inflammation, and overall health. In simple terms, it tells us that what we eat can influence how our genes behave, and our genes, in turn, influence how our body processes what we eat.

Nutrigenomics has further sub-branches:

Diet genomics: is a field of study that focuses on the interaction between an individual's genetic makeup and their diet. It examines how genetic variations can influence how people respond to different nutrients and dietary factors, and how these interactions can impact an individual's health and disease risk.

Diet genomics brings us back to one of the most fundamental aspects of care—nutrition. Differences in carbohydrate, protein, and fat metabolism can significantly alter how patients respond to dietary patterns. Additionally, genetic predispositions to food intolerances, such as lactose or gluten sensitivity, and variations in micronutrient metabolism—including vitamins A, B-complex, C, D, E, folate, and iron—can influence both symptomatology and long-term health outcomes. Even eating behaviors, such as sugar preference and satiety signaling, may have a genetic component. When discussed in the clinic, this often validates patient experiences and improves adherence to dietary recommendations.

Fit genomics: also known as fitness genomics or exercise genomics, is a field of study that explores the genetic factors influencing an individual's response to exercise and physical fitness.

Patients often ask why they struggle with endurance training while others excel, or why recovery times vary so widely. Genetic factors can influence muscle strength, power, endurance, injury susceptibility, and even motivation to exercise. Variations affecting tendon resilience, pain tolerance, and recovery kinetics can partly

explain why some individuals are more prone to injuries such as Achilles tendon strain, while others tolerate high training loads. Incorporating this understanding allows for more realistic goal-setting and individualized exercise prescriptions.

Cardiogenomics: Genetic variations or single nucleotide polymorphisms (SNPs) can influence an individual's susceptibility to certain cardiac conditions, such as hypertension, hypercholesterolemia, and cardiovascular disease. Nutrigenomics can help identify these genetic variations and assess their impact on nutrient metabolism and cardiovascular health.

By combining genetic information with dietary and lifestyle data, nutrigenomics can provide personalized dietary recommendations for individuals at risk of cardiac conditions. Genetic testing can help identify genetic variations associated with an increased risk of cardiovascular disease, and this information can be used to tailor dietary interventions that address specific genetic vulnerabilities.

Weight management: This is another area where this framework is particularly useful. Rather than viewing obesity purely through the lens of caloric imbalance, genomics highlights the role of appetite regulation, fat and protein metabolism, circadian rhythm, and behavioral tendencies such as snacking or food disinhibition. Some individuals may be genetically predisposed to increased appetite or reduced satiety, while others may have metabolic pathways that favor fat storage over utilization. This helps clinicians guide patients more constructively: instead of repeatedly prescribing the same dietary approach, we begin to tailor strategies based on likely biological responses.

Diet genomics brings us back to one of the most fundamental aspects of care—nutrition. Differences in carbohydrate, protein, and fat metabolism can significantly alter how patients respond to dietary patterns. Additionally, genetic predispositions to food intolerances, such as lactose or gluten sensitivity, and variations in micronutrient metabolism—including vitamins A, B-complex, C, D, E, folate, and iron—can influence both symptomatology and long-term health outcomes. Even eating behaviors, such as sugar preference and satiety signaling, may have a genetic component. When discussed in the clinic, this often validates patient experiences and improves adherence to dietary recommendations.

Despite its promise, it is important to approach this field with measured expectations. Environmental factors, lifestyle, and behavioral patterns continue to play a dominant role. As such, nutrigenomics should not replace clinical judgment but rather complement it—serving as an additional layer of understanding rather than a definitive answer.

Ultimately, the value of nutrigenomics lies in both delivering precise, gene-based prescriptions as well as in shifting the clinical mindset. It encourages us to move away from one-size-fits-all recommendations and toward a more nuanced, patient-centered approach. For patients, the message is equally important: differences in response are not a reflection of effort alone, but of underlying biology. For clinicians, it reinforces a principle we have long recognized—effective care begins with understanding the individual in front of us.

MEDICAL QUIZ

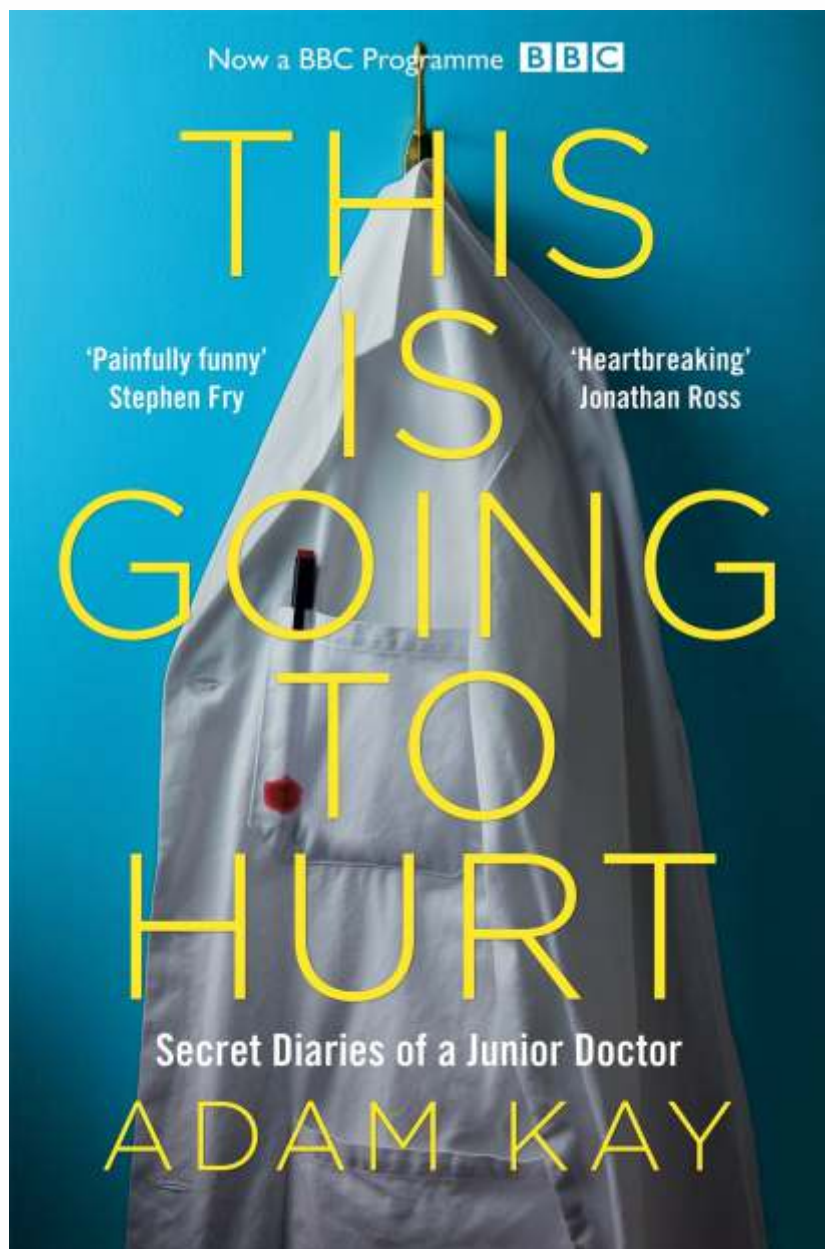
Shoulder Dystocia

1. **Following delivery of the head, there is restitution failure and the “turtle sign.” The fetal chin is tightly applied to the perineum. After calling for help, what is the most appropriate immediate action?**
 - A. Apply suprapubic pressure
 - B. Perform McRoberts maneuver
 - C. Attempt delivery of posterior arm
 - D. Perform episiotomy
2. **During McRoberts maneuver, which biomechanical change primarily facilitates delivery?**
 - A. Increases uterine contractility
 - B. Rotates symphysis pubis anteriorly
 - C. Flattens sacral promontory and increases AP diameter
 - D. Reduces fetal shoulder width
3. **McRoberts and suprapubic pressure fail. On vaginal examination, the anterior shoulder is impacted behind the symphysis. What is the next best maneuver?**
 - A. Woods corkscrew maneuver
 - B. Rubin II maneuver
 - C. Zavanelli maneuver
 - D. Immediate symphysiotomy
4. **While performing the Woods corkscrew maneuver, where should pressure ideally be applied?**
 - A. Posterior aspect of anterior shoulder
 - B. Anterior aspect of posterior shoulder
 - C. Fundus of uterus
 - D. Fetal head
5. **Which of the following best explains why fundal pressure is contraindicated?**
 - A. It increases risk of uterine atony
 - B. It worsens shoulder impaction by driving the anterior shoulder deeper
 - C. It causes fetal bradycardia
 - D. It interferes with maternal pushing
6. **Delivery of the posterior arm is attempted. What is the most common technical challenge during this maneuver?**
 - A. Locating the fetal elbow
 - B. Excessive uterine contractions
 - C. Maternal pelvic contraction
 - D. Cord prolapse
7. **Despite all internal maneuvers, delivery fails. Zavanelli maneuver is planned. What is the essential prerequisite before attempting it?**
 - A. Immediate laparotomy setup
 - B. Continuous fetal heart monitoring
 - C. Administration of tocolysis
 - D. Bladder catheterization
8. **A neonate develops Erb’s palsy following shoulder dystocia. Which root involvement is most likely?**
 - A. C5–C6
 - B. C7–C8
 - C. T1–T2
 - D. C3–C4
9. **Which of the following intrapartum factors is most predictive of shoulder dystocia?**
 - A. Prolonged latent phase
 - B. Prolonged second stage with operative vaginal delivery
 - C. Precipitous labor
 - D. Early rupture of membranes
10. **During management, the head-to-body delivery interval is approaching 5 minutes. What is the most critical determinant of neonatal outcome at this stage?**
 - A. Degree of maternal perineal trauma
 - B. Severity of shoulder impaction
 - C. Duration of fetal hypoxia
 - D. Birth weight

Answer Key

1. B, 2. C, 3. B, 4. B, 5. B, 6. A, 7. C, 8. A, 9. B, 10. C

READER'S CORNER

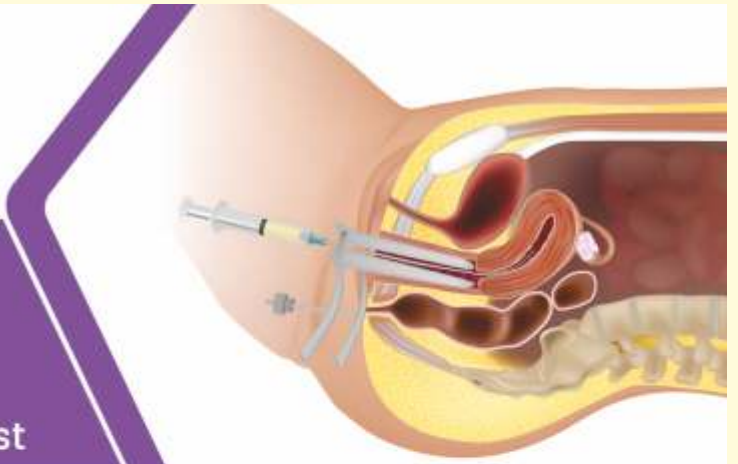


This Is Going to Hurt by Adam Kay reads less like a formal memoir and more like someone talking to you after a long shift. It's built from his real diary entries as a junior doctor, many of them from his time in obstetrics and gynecology, and it captures the chaos of hospital life in a very unfiltered way. One moment he's describing an awkward or absurd patient encounter, and the next he's in the middle of a high-stakes emergency—postpartum hemorrhage, fetal distress, crash deliveries. The tone is often funny, sometimes brutally so, but it never loses sight of how intense and unpredictable the labor ward can be.

What really stays with you, though, is what sits underneath the humor. As the book goes on, you start to see the cumulative toll—exhaustion, missed personal milestones, and the emotional

weight of cases that don't go well. There's a particularly tragic obstetric case that becomes a turning point for him, and it shifts the tone quite sharply. By the end, it's clear that this isn't just a collection of funny hospital stories—it's about what the job takes out of you. For anyone in clinical practice, especially in obstetrics, it feels uncomfortably familiar at times.

At the same time, the book isn't without moments of warmth and quiet satisfaction. There are glimpses of why people stay in medicine—the relief of a safe delivery after a tense few minutes, the gratitude of patients, and the camaraderie among colleagues who understand the pressures without needing explanation. These moments don't cancel out the difficulties, but they do remind you of the meaning behind the work. In that sense, the book leaves you not just with the strain of the profession, but also with a renewed appreciation for its purpose.



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Dr. Prakash Patel
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- Rapid symptomatic improvement
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Fertility Outcome

- Restoration of a more favorable uterine environment
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- Pregnancy planning is generally advised after complete uterine healing, typically after 6 months
- Encouraging fertility outcomes have been reported in appropriately selected patients

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- Delivers high-frequency thermal energy for precise ablation of adenomyotic tissue
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NEWS



8 APRIL 2026

State-of-the-Art Embryology Laboratory

Behind every successful IVF journey lies strong clinical expertise, supported by the precise and carefully controlled environment of an advanced embryology laboratory. A technologically advanced ART laboratory helps maintain stability at every step, providing optimal conditions that support embryo viability and contribute to improved reproductive outcomes.

Our centre houses a state-of-the-art ART laboratory, designed to provide a highly controlled environment for optimal gamete handling and embryo development. The laboratory integrates advanced technologies, stringent quality management systems, and standardized protocols to ensure accuracy, safety, and reproducibility in assisted reproductive procedures. Along with performing routine ART procedures such as ICSI, blastocyst culture, vitrification, and warming, the laboratory is equipped to deliver advanced micromanipulation and fertility preservation techniques, ensuring comprehensive reproductive care for diverse clinical indications. The laboratory infrastructure, workflow design, and quality assurance practices position Sneh IVF and women's hospital is among the most advanced IVF laboratories in Gujarat, supporting improved clinical outcomes and enhanced patient confidence.

Electronic Witnessing System

The laboratory is supported by an electronic witnessing system, an essential component of modern IVF practice. This system ensures real-time digital tracking of gametes and embryos at every step of the IVF process, minimizing the possibility of manual identification errors. Electronic witnessing enhances sample traceability throughout the ART workflow, improves patient safety through automated identity verification, ensures documentation accuracy, and strengthens audit readiness. The integration of electronic witnessing supports a robust quality management system aligned with international traceability standards.

Digital Automated Semen Analyzer



In the evolving world of AI and digital precision, our laboratory integrates Automated Semen Analyzer for objective, standardized, and reproducible sperm assessment. This utilizes advanced imaging and algorithm-based analysis to evaluate sperm concentration, motility, and kinematic parameters with high accuracy, minimizing observer variability.

Laser Assisted Micromanipulation



A high-precision laser system is utilized for advanced embryology procedures requiring controlled zona manipulation. Laser Assisted Hatching (LAH) facilitates controlled thinning or breaching of the zona pellucida, which may support implantation in selected

clinical scenarios. Trophoctoderm Biopsy for Preimplantation Genetic Testing (PGT) is performed using laser precision to isolate trophoctoderm cells while maintaining blastocyst integrity. Laser-based micromanipulation ensures reproducibility, precision, and reduced mechanical stress during embryo handling.

Fertility Preservation

In addition to conventional ART procedures, the laboratory supports fertility preservation strategies for patients requiring gamete or embryo cryopreservation.



Advanced cryopreservation techniques are available for oocytes, sperm, and embryos, ensuring optimal post-warming survival and developmental competence. We provide both medical and elective fertility preservation, including social freezing, reflecting our progressive approach and improved understanding of changing reproductive choices. This enables individuals to preserve fertility proactively, offering greater reproductive autonomy and flexibility while maintaining high laboratory standards of safety and precision.

These techniques and ongoing technological upgradation, the centre remains committed to delivering safe, reliable, and advanced embryology services. The laboratory represents a comprehensive platform supporting both routine and complex ART procedures, positioning it among the leading IVF laboratories in India.

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