



# AOGS BULLETIN

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AHMEDABAD OBSTETRICS AND GYNAECOLOGICAL SOCIETY NEWS LETTER

AUGUST 2013

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



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## Editor's Report

**Dear AOGSians,**

Greetings from Team AOGS,

At this stage, we feel immense pleasure and satisfaction on successful completion of the first quarter of the current year while knocking the door of 2<sup>nd</sup> quarter with a bang.

In first quarter we had the grand installation ceremony, 6 CMEs, 2 live surgical workshops, 1 cadaveric workshop and one big family entertainment program i.e. bumper housie to our credit. We sincerely thank all of you for your overwhelming support & affection. Without your whole hearted support it would not have been possible for us to organize all those events successfully. The last surgical workshop held at Parekh's hospital on 30<sup>th</sup> June received overwhelming response, indicated by the presence of 65 delegates. Now onwards free, but prior registration is must to attend workshop for better management. If you want to arrange such workshop in your area, please contact Dr. Mukesh Savalia, the coordinator of the workshops.

We also thank all the AOGSians and their family members for making the 1<sup>st</sup> family entertainment program i. e. Bumper Housie a huge success. The house was jam packed and event was enjoyed by everybody present. Seeing your response to the family entertainment program, we assure 3 more entertainment programs during the year.

The CME on Thyroid Dysfunction & panel discussion by faculties from various specialities was nicely organized by Dr. Kiran Desai.

The golden jubilee oration on **"Early Pregnancy Loss & Progesterone"** was delivered by Dr. Howard Carp (Israel) on 18-07-2013 at Radisson Blu, witnessed unprecedented presence of 195 delegates.

The big event i.e. two days' Midterm SOGOG conference at Hotel Sheraton, Udaipur was a great opportunity for Fun, Friendship, Fellowship and a Feast of academics. Presence of more than 350 gynecologist along with their family members itself speaks of its grand success.

Announcing with pleasure the overseas Diwali tour to Malaysia/Thailand from 4/11/2013 to 11/11/2013

***"Life is too short to wake up with regret. Love the people who treat you right and have compassion for the ones who don't. Enjoy life now. It has an expiry date. Stay blessed."***

**Dr. Kiran Desai**

**Dr. Vinod Arora**

**Dr. Raj Ayenger**

**Dr. Dhaval Shah**

## AOGS organises

### Overseas DIWALI tour.

For AOGSians and their family members.

Tour operator : All Four Seasons.

**MALAYSIA  
WITH  
THAILAND  
6NIGHT/7DAYS**

#### Package Cost :

**Total Cost per person on twin sharing : INR 68500 (39 +1 pax traveling together)**

**Total cost for child with bed : INR 61500 (8-11 Years)**

**Total cost for child no bed : INR 57000(3-7 Years)**

\*Rates subject to changes in foreign currency

#### Package Details :

- Ex Ahmedabad Thai airways with taxes
- 01 night accommodation in Hotel Pearl International –sup/Grand continental or similar in Kuala Lumpur
- 02 Nights accommodation in Hotel first world (Dlx) /theme park or similar in Genting Highland
- 02 Nights accommodation in Hotel Imperial (Sup) or similar in Hua Hin
- 01 Night accommodation in Hotel Ambassador(sup) or similar in Bangkok
- Professional English speaking tour guide for the group
- Private transfers for the group
- Daily breakfast at hotel
- 2 water bottle in room (kuala lumpur/Hua Hin/Bangkok)
- Only Genting, water cooler available in lobby
- 06 Lunches + 06 Dinners at Indian restaurant
- Half day city tour with KL tower Entrance Kuala Lumpur
- Indoor/outdoor theme park
- 1-Way cable car
- Enroute Batu caves
- Half day city tour of Hua Hin
- Half day city tour in Bangkok
- Travel Insurance
- Malaysia visa /Thailand Visa
- One Tour Guide from India
- All Taxes

#### Exclusions :

Personal expenses such as mineral water, Cold Drinks, Laundry charges, Room Service etc

Any other optional sight seeing

Anything which is specifically not mentioned in "Package" details

\*If persons exceeds 40 numbers than travel agent will arrange the same tour Ex-Mumbai or Ex-Delhi. The package charges will be confirmed later on.

# CME : Abnormal Uterine Bleeding

**Venue** : Hotel St. Larn,  
Ashram Road.

**Date** : 25<sup>th</sup> August 2013, Sunday

**Time** : 9:00 am to 1:00 pm

**Co-ordinators** : Dr. Kalpesh Trivedi

**Chairpersons** : Dr. Jayesh Shah &  
Dr. Rajni Contractor

Time	Subject	Speaker
9:00 am to 9:45 am	Breakfast & Registration	
9:45 am to 10:15 am	Abnormal uterine bleeding in midlife	Dr. Punit Vasa ( A'bad)
10:15 am to 10:45 am	Pathophysiology of AUB.	Dr. Raj Iyenger ( A'bad)
10:45 am to 11:15 am	Management of Adolescent AUB	Dr. Sushma Shah ( A'bad)
11:15 am to 11:45 am	Nonsurgical management of AUB	Dr. Anita Soni ( Mumbai)
11:45 am to 12:15 pm	Role of Sonography in perimenopausal AUB	Dr. Jigish Trivedi ( A'bad)
12:15 pm to 12:45 pm	Interactive Session	
12:45 pm to 1:00 pm	Quiz.	
1:00 pm Onwards	Lunch	

## Memories of Thyroid CME on 14-7-13



# Golden Jubilee Oration



Date  
**18<sup>th</sup> Sep 2013**  
At  
**Hotel Radisson Blu**



you can't have everything, where would you put it?



# Family Entertainment program : Bumper Housie on 7-7-2013



No one is listening until you make a mistake.

# Report of 2<sup>nd</sup> Surgical Workshop



**Venue:** Parekh's Hospital, Shyamal  
Char Rasta; Satellite, A'bad.

**Date :** 30<sup>th</sup> June 2013, Sunday

Our presidents' pet project i.e. the second regional surgical workshop was conducted on 30<sup>th</sup> June, Sunday at Parekhs' Hospital, Shyamal cross roads, Satellite.

After enthusiastic participation from delegates in 1<sup>st</sup> workshop at Bapunagar, Dr. Anjanaben Chauhan and Dr. Dhaval Shah volunteered for such event in satellite under the guidance of co ordinators Dr. Mukesh Savalia, Dr. Mukesh Patel and team. Their hard work and support from Parekhs' hospital made this event a grand success.

Inauguration was done by the senior teacher, Dr. Vilasben Mehta, Dr. Ramesh Parekh, Dr. Mahesh Gupta and Dr. Kiran Desai.

The event was very well attended by more then 65 delegates from satellite and surrounding area. Total 3 surgeries were performed in OT complex and relayed to the auditorium.

NDVH in big Adenomyotic uterus was performed by president Dr. Mahesh Gupta.

Dr. Sanjay Patel, [ Mayflower Hospital] with his team demonstrated TLH with simple bipolar, and he was at his best in demonstrating surgical anatomy of pelvis, it was a visual feast for the eyes of attending doctors.

Dr. Mahesh Gupta demonstrated LSCS by Misgav Ladach technique and procedures for managing PPH, [ Uterine artery ligation, B Lynch technique, internal iliac artery ligation.]

Dr. Maheshbhai gave some practical tips for IIA ligation and tried to boost confidence in attending delegates so that even they can perform it in emergency. AOGS active team thanks all the delegates, faculties and the management & staff of Parekhs' hospital for the grand success of this workshop.

The purpose of such workshop in local area is to boost confidence in each practising doctor so that he or she can also perform such surgeries in emergency. Everyone present there appreciated it very well. We thank Dr. Dimple Parekh, anaesthetists Dr. Sanket, Dr. Tejas, Dr. Krutarth, team of Dr. Sanjay Patel and team of Parekhs' hospital for their whole hearted support.

# ***Surgical Workshop III (President's Pet Project)***

**Venue:** Indus Hospital 2, Opp. Adani CNG gas station, Nr. ONGC office, Sabarmati, A'bad.

**Co-ordinators :** Dr. Vinod Arora  
Dr. Mukesh Savaliya  
Dr. Mukesh Patel

**Date :** 01<sup>st</sup> Sep 2013, Sunday

Surgeries to be demonstrated: NDVH, TLH, CESAREAN operation (MISGAV LADACH TECHNIQUE) with procedures for tackling PPH, uterine artery ligation, internal Iliac artery ligation, B-Lynch techniques (Depending on availability of patients.)

Members who are interested to attend the workshop can contact the coordinators.

Workshop will be followed by business lunch.

**Registration free but compulsory for better management.**

## **Memories of Surgical Workshop 2**



For the use of a Registered Medical Practitioner, Hospital or Laboratory only

Comprehensive approach in management of  
• Threatened Miscarriage • Recurrent Miscarriage • Infertility

Rx  
**Duphaston**<sup>\*</sup>  
Hydrogesterone Tablet BP 10mg

- ✓ Derived from **Natural Diosgenin**<sup>1</sup>
- ✓ **Orally effective**<sup>2</sup> unlike micronised progesterone<sup>3</sup>
- ✓ Has been used in approximately **10 million pregnancies** between 1977 and 2005<sup>4</sup>



1. Data on file.  
2. Schreiber H, et al. *Menopause* 2005; 12(2): 207-214.  
3. Luchini H, Nelson PR. *Abstract presented at 8<sup>th</sup> International Congress on Menopause*, Sydney, Australia, Nov. 27-30, 2004.  
4. Division of A. G. & H. Human Development 2005, Page 2.

**Composition:** Each scored film coated tablet contains 10 mg of hydrogesterone. **Indications:** Hormone Replacement Therapy, To counteract effects of unopposed estrogen on endometrium for women with disorders due to menopause & with intact uterus. Progesterone deficiencies in dysmenorrhoea, endometriosis, secondary amenorrhoea, irregular cycles, dysfunctional uterine bleeding, pre-menstrual syndrome, threatened and habitual abortion, infertility due to luteal insufficiency. **Dosage and Administration:** Hormone replacement therapy: In combination with continuous oestrogen therapy, 10 mg hydrogesterone daily during 14 consecutive days per cycle of 28 days. In combination with cyclical oestrogen therapy, 10 mg hydrogesterone daily during last 12-14 days of oestrogen therapy. If endometrial biopsies or ultrasound would reveal inadequate gestational response, 20 mg hydrogesterone should be prescribed. 2. Dysmenorrhoea: 10 mg twice daily from day 5 to day 25 of cycle. 3. Endometriosis: 10 mg two or three times daily from day 5 to day 25 of cycle or continuously. 4. Premenstrual syndrome: 10 mg twice daily from day 11 to day 25 of cycle. 5. Irregular cycles: 10 mg twice daily from day 11 to day 25 of cycle. 6. Threatened abortion: 40 mg at once, then 10 mg every eight hours until symptoms remit. 7. Habitual abortion: 10 mg twice daily until twelfth week of pregnancy. 8. Infertility due to luteal insufficiency: 10 mg daily from day 14 to 25 of cycle. Treatment for at least six cycles. Advisable to continue treatment for first few months of pregnancy as described under 'Habitual abortion'. **Contra-Indications:** Hypersensitivity, Unknown vaginal bleeding, if used to prevent endometrial hyperplasia in (women using estrogen). **Precautions:** Breakthrough bleeding, can be prevented by increasing dosage. **Interactions:** None known. **Pregnancy and lactation:** No evidence that can not be used during pregnancy. Excreted in milk of nursing mothers. Effect on ability to drive and use machines. No effect. **Undesirable effects:** Breakthrough bleeding, alterations in liver function may occur. **Pharmacodynamics:** orally active progestogen producing complete secretory endometrium in oestrogen primed uterus. **Shelf life:** 3 years. **Storage:** Store in cool and dry place. **Packaging:** Blister strip of aluminium foil and PVC film, of 10 film coated tablets. **Issued on:** Jan 2010.

Further information available on request from  
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sensa 

In history of spontaneous abortions & high risk pregnancies



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With Active Folate

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References:

1. Reproductive Biology and Endocrinology 2004;2:7-14. 2. Am J Epidemiol. 2002;156:806-812. 3. Fertility and Sterility 2010;94(1):130-137. 4. Diabetes Care 1998;21(7):1017-1021.

\*Helpline service available from Monday to Friday between 8 am to 7 pm

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