



AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

AOGS TIMES

“SUTRA”

“Thread” of concise knowledge

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

Motto : “United in Purpose, Stronger Together”

OCTOBER 2025

VOLUME 7

President

Dr. Nita Thakre

+91 98250 42238

drthakre@gmail.com

Hon. Secretary

Dr. Parth Shah

+91 94296 17556

parthpjs@yahoo.com



Mary E. Brunkow,
Fred Ramsdell, and
Shimon Sakaguchi

Mary E. Brunkow, Fred Ramsdell, and Shimon Sakaguchi

Past President FOGSI - **Dr. Alpesh Gandhi**

President - Elect

Dr. Munjal Pandya

+91 97129 11784

munjal171184@yahoo.co.in

Vice President

Dr. Mukesh Patel

+91 98253 68346

drmukesh5369@gmail.com

Hon. Treasurer

Dr. Sanjay Shah

+91 98240 57071

gynaecare_2005@yahoo.co.in

Hon. Jt. Secretary

Dr. Arati Gupte

+91 96620 28127

arati2811@gmail.com

Clinical Secretary

Dr. Nisarg Dharaiya

+91 75672 00111

nisarg.dharaiya@gmail.com

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Editors:

Dr. Arati Gupte | Dr. Hetal Patolia

www.ahmedabadobgyn.org

2nd Floor, Dream Icon @ PARIMAL, Nr. Krupa Petrol Pump, Nr. Kalgi Cross Road, Surendra Mangaldas Rd, Ellisbridge, Ahmedabad, Gujarat 380006 Phone : 079 - 26586426 M : +91 78610 11818 | E-mail : office@ahmedabadobgyn.org

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.

ભારતમાં ફર્ટિલિટી સારવારમાં
અગ્રગણ્ય-નામો માં એક,

- ૨૧,૦૦૦ થી વધુ સફળ કેસો
- ૬૦ થી વધુ દેશોના દર્દીઓનો ભરોસો
- અને દર વર્ષે હજારો પરિવારો ને માતા પિતા બનવાનું સુખ આપનાર

હવે તમારું પણ સપનું થશે સાકાર — તમારા શહેરમાં, તમારા ઘરના આંગણે!

સનફ્લાવર IVF - એક નવા પરિવાર ની શરૂવાત નો વિશ્વાસ

અમે આપીએ છીએ

- અદ્યતન ટેકનોલોજી
- પ્રથમ પ્રયાસમાં ઉચ્ચ સફળતા દર
- વ્યક્તિગત સારવાર
- વ્યંધત્વના નિષ્ણાત ડોક્ટરોની ટીમ
- સચોટ નિદાન
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ગ્રાઉન્ડ ફ્લોર, નિરામય મેડિકલ હબ, નામોસ્તુતે હોસ્પિટલ પાસે, ઘ- ૩,
પથિકાશ્રમ, ગાંધીનગર

મેમનગર | નારણપુરા | નરોડા | ગાંધીનગર



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Sunflower
Hospital
Infertility & IVF Centre, Ahmedabad

TEAM AOGS MESSAGE



Dr. Nita Thakre
President



Dr. Parth Shah
Hon. Secretary

To all our dear AOGS members,

नूतन वर्षाभिन्धन

As we light the last diyas of Diwali, we are reminded not only of cultural traditions but also of the importance of enlightenment—both personal and professional. Just as Diwali symbolizes the triumph of light over darkness, knowledge and awareness in our chosen profession illuminate the path toward improved patient outcomes and community well-being.

This ethos was exemplified at the recently concluded PCOS Society of India Conference 2025. The PCOS society of India chose to celebrate their 10 year milestone here in Aapdu Amdavad by bringing together gynecologists, endocrinologists, physicians, psychiatrists, researchers, and allied health professionals from India and abroad to share the latest advances in the understanding, diagnosis, and management of Polycystic Ovary Syndrome. Sessions ranged from cutting-edge research on metabolic and reproductive aspects of the syndrome to evidence-based strategies for patient-centered care. The event was a resounding success, reinforcing the critical role of interdisciplinary collaboration in translating research into practice and empowering patients through education.

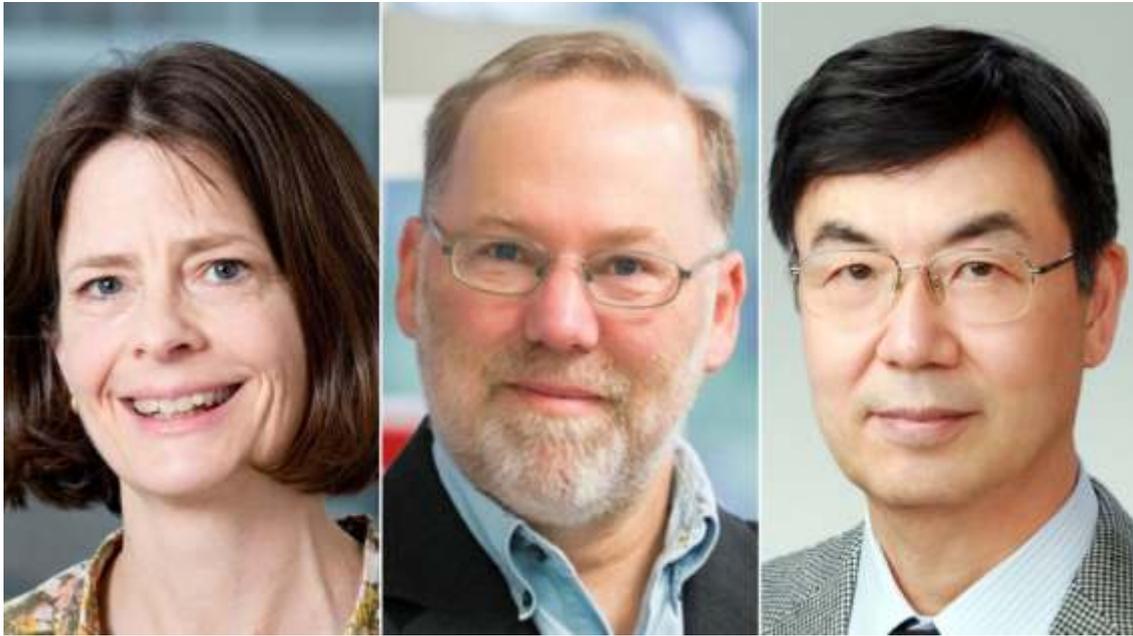
As we celebrate Diwali and the New Year, it is fitting to reflect on the parallels between these cultural milestones and our medical mission: just as the festival encourages renewal and hope, our ongoing work strives to improve maternal and child health, foster resilience, and enhance quality of life for all.

We extend our warmest wishes to our members for a joyous Diwali and a healthy, prosperous New Year. May the season inspire continued learning, professional growth, and the unwavering pursuit of excellence.

Dr. Nita Thakre
President

Dr. Parth Shah
Hon. Secretary

CENTERSTAGE



Mary E. Brunkow, Fred Ramsdell, and Shimon Sakaguchi

Mary E. Brunkow, Fred Ramsdell, and Shimon Sakaguchi were jointly awarded the 2025 Nobel Prize in Physiology or Medicine for their groundbreaking work uncovering the biological mechanisms of peripheral immune tolerance, specifically the discovery and characterization of regulatory T cells (Tregs). Their research revealed how the immune system maintains balance – attacking pathogens and cancer cells while avoiding destruction of the body’s own tissues. Sakaguchi’s early studies in the 1990s identified a unique subset of T lymphocytes expressing the surface marker CD25 that could suppress autoimmune responses. Later, Brunkow and Ramsdell independently discovered that mutations in the FOXP3 gene cause fatal autoimmune syndromes, establishing FOXP3 as the master transcription factor governing Treg development and function.

Together, their discoveries transformed immunology by defining the molecular and cellular basis of self-tolerance. This work not only explained why immune tolerance fails in diseases like type 1 diabetes, multiple sclerosis, and lupus, but also opened therapeutic avenues to enhance Treg activity in autoimmune disorders and inhibit it in cancer immunotherapy. Today, therapies targeting the FOXP3 pathway and Treg modulation are at the forefront of precision immunology, embodying the translational power of their foundational discoveries.

MEDICAL NEWS

1. In Gujarat the market for anti-obesity medications has surged: the value of the market has reached ₹61.2 crore by September 2025, up from about ₹11.25 crore in 2021. This rise is largely due to uptake of newer drugs such as Semaglutide and Tirzepatide. Doctors are cautioning that while these are medical therapies, unsupervised or socially-driven use (for cosmetic rather than health reasons) may be problematic. (The Times of India)
2. The schedule for the national postgraduate medical entrance (NEET PG) admissions for 2025 was announced: in Gujarat's state quota the first round will run from 6 Nov to 15 Nov for around 3,200 PG seats competing with about 4,900 candidates. (The Times of India)
3. At Sola Civil Hospital in Ahmedabad a resident doctor was shifted to non-medical duty pending inquiry after alleged mis-behaviour with a patient's family. A video of the incident circulated leading to departmental investigation. (The Times of India)
4. In Madhya Pradesh, at least 20 children under the age of five have died after consuming a contaminated cough syrup manufactured by Sresan Pharmaceuticals. The syrups were found to contain exceedingly high levels of the toxic chemical diethylene glycol (DEG), reportedly nearly 500 times above permissible limits. Several manufacturing units have been shut down, and investigations by authorities including Central Drugs Standard Control Organisation (CDSCO) are under way. (People.com)
5. In Punjab, an AI-driven public health stroke-screening initiative has already screened over 700 suspected stroke patients in a few months. Through district hospitals and use of AI-based CT scan analysis (via Qure.ai), six patients suffering large vessel occlusions were identified and underwent free mechanical thrombectomy procedures. (The Times of India)
6. the World Health Organization (WHO) has warned that one in six laboratory-confirmed bacterial infections worldwide is now resistant to first-line antibiotic treatment. Resistance levels are highest in South-East Asia and the Eastern Mediterranean zones, where one in three infections may be drug-resistant; even in Europe the ratio is 1 in 10. The WHO estimates that antimicrobial resistance (AMR) contributed to some 4.7 million deaths in 2021, including 1.14 million directly caused by drug-resistant bacteria. (Financial Times)
7. A global study found that progress in reducing early-death (before age 80) from non-communicable diseases (NCDs) is stalling across 185 countries. The report suggests that gains previously made are now plateauing, raising concern for global health systems. (News-Medical)
8. The World Health Organization (WHO) has designated new "WHO-Listed Authorities" for medical product regulation, thus strengthening global access to quality-assured medical products. This strengthens regulatory frameworks in various member states. (World Health Organization)

10th PCOS SOCIETY OF INDIA CONFERENCE 2025



CME : 09.11.2025



Silent Barrier in Male Infertility: Azoospermia



Dr. Nisarg Dharaiya

IVF Specialist,
Director & Chairman,
SNEH IVF Centres

Introduction

Approximately 15% of infertile men have azoospermia, defined as the complete absence of spermatozoa in the ejaculate. Azoospermia can be broadly categorized into two types: Obstructive Azoospermia (OA) and Non-Obstructive Azoospermia (NOA).

Types of Azoospermia

Type	Definition	Proportion
Obstructive Azoospermia (OA)	Physical blockage in the male excurrent ductal system, which may occur anywhere between the rete testis and ejaculatory ducts.	~40%
Non-Obstructive Azoospermia (NOA)	May be primary (elevated LH/FSH with small testes), secondary (hypogonadotropic hypogonadism with low LH/FSH and small testes), or incomplete (variable FSH and testicular volume).	~60%

Diagnosis and Management of Obstructive Azoospermia

Diagnosis

A detailed clinical examination, hormonal evaluation, and imaging studies are essential to diagnose obstructive azoospermia.

Diagnostic Tool	Clinical Significance
Physical Examination	Evaluates vasal gaps, vasectomy sites, granuloma presence, and epididymal abnormalities.
FSH Levels	Typically normal in obstructive azoospermia.
Imaging (Scrotal and Transrectal Ultrasound)	Identifies structural abnormalities of the epididymis, seminal vesicles, or presence of prostatic cysts.
CFTR Testing	Used to confirm congenital bilateral absence of vas deferens (CBAVD).
Renal Ultrasound	Detects renal anomalies; about 20% of these men have ipsilateral renal agenesis.
Anti-sperm Antibody Test	A positive result indicates active spermatogenesis and may eliminate the need for testicular biopsy.
Biopsy	Indicated when etiology remains unclear, despite normal semen volume, vasa, and FSH levels.

Management

- Microsurgical reconstruction: Vasovasostomy or Vasoepididymostomy
- MESA + IVF/ICSI: Indicated for CBAVD or failed surgical cases
- Cryopreservation: During surgical retrieval for future use

Diagnosis and Management of Non-Obstructive Azoospermia (NOA)

Diagnostic Tool	Clinical Significance
Karyotyping	Detects chromosomal abnormalities like Klinefelter syndrome (47,XXY) and Robertsonian translocations.
Y-Chromosome Microdeletion	AZF _a , AZF _b , and AZF _{b+c} deletions are not compatible with sperm retrieval; AZF _c deletions may allow retrieval in up to 80% of cases.
Hormonal Panel	Includes LH, FSH, free testosterone, estradiol, TSH, and prolactin.
Other Genetic Testing	Includes KAL1 mutations in Kallmann syndrome; consider preimplantation genetic testing in such cases.

Management

Condition	Recommended Treatment
AZF _c Deletion / Klinefelter Syndrome	microTESE + ICSI
Kallmann Syndrome	Hormonal replacement (GnRH/LH/FSH)
Varicocele in NOA	Microsurgical varicocelectomy
Chemotherapy-Induced	microTESE may still retrieve viable sperm

Sperm Retrieval Options: OA vs NOA

Technique	OA	NOA
PESA (Percutaneous Epididymal Sperm Aspiration)	✓	✗
MESA (Microsurgical Epididymal Sperm Aspiration)	✓	✗
TESE (Testicular Sperm Extraction)	✓	✓
microTESE	✗	✓ (Preferred)

Clinical Pearls

- Normal FSH ≠ Normal Spermatogenesis – biopsy may still be required.
- Always counsel couples regarding genetic implications (e.g., AZF_c deletion).
- Offer cryopreservation during any sperm retrieval procedure.
- Ensure female partner testing in CFTR mutation-positive men.

Institutional Data: Sneh Women’s Hospital & IVF Center

At Sneh Women’s Hospital & IVF Center, recent data underscore the efficacy of our male infertility and embryology protocols.

- Sperm recovery rate: 78.8% (microTESE, TESA, and PESA)
- Blastocyst formation rate: 92.8%.
- Pregnancy rate: 64%

Organized by :



48th SOGOG 2025

19 20 21

DECEMBER, 2025

VENUE :
HYATT REGENCY
ASHRAM ROAD, AHMEDABAD.

CONFERENCE THEMES :

Critical Care in Obstetrics

Foetal Medicine Frontiers

Infertility: Challenges & Solutions

Preventive Gyn-Oncology & Early Diagnosis

Mixed Bag

WORKSHOPS

- WORKSHOP 1
Mastering Fetal Medicine : Practical Tips
- WORKSHOP 2
Operative Obstetrics Skills : Precision & Practice
- WORKSHOP 3
Endometriosis & Fibroids : Comprehensive Approach
- WORKSHOP 4
Vaginal Surgeries & Urogynecology : Optimizing Patient Outcome

PG ACTIVITIES AT SOGOG

- PAPER / POSTER PRESENTATION
- DEBATE & QUIZ

REGISTRATION FEES

Registration Category	Amount
R.C. Members:	₹15,000/-
SOGOG Members (Conference+Workshop):	₹11,800/-
SOGOG Members (Only Conference):	₹9,440/-
Corporate registration (Per Delegate):	₹14,160/-
P.G. Students (Conference+Workshop):	₹8,260/-
P.G. Students (Conference):	₹7,080/-

Including GST

SCAN TO REGISTER



ORGANIZED BY : AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

Email : sogog2025@gmail.com

SOGOG STARS UNDER SPOTLIGHT



Date: Friday, 19th December 2025 | Time: 7:00 PM – 9:30 PM
Venue: Hyatt Regency, Ashram Road, Ahmedabad



Performances by SOGOG Societies
– showcasing creativity, rhythm & spirit.



Special act by Dr. Tushar Shah
– Standup comedy that will leave you in splits!



Best Outfit Award
– Men & Women who dazzle in their finest will be crowned the style icons of the evening.

AN EVENING OF Talent, Laughter & Style!

Join us for
a night where our own stars shine brightest,
filled with fun, laughter,
and unforgettable memories!

Dress Code: Indian Ethnic Wear – bring out the elegance and tradition in vibrant style!

An Evening with *Maahi*

Experience the sensational voice of Maahi,
Son of the legendary Shaan!

Saturday, 20th December 2025

Hyatt Regency, Ahmedabad
8:00 Pm onwards

Get ready to be enchanted by soulful melodies, electrifying performances,
and a night filled with magic. Let Maahi take you on a musical journey you'll remember forever!



SOGOG Olympics 2025

Where Doctor's Turn into Champions!

Step out of the clinic and into the arena –It's time to serve, smash, strike & shine!

• GAME ZONE • CHESS, CARROM, TABLE TENNIS, BADMINTON AND BOX CRICKET

FOR MORE DETAILS CONTACT :

DR. PARTH SHAH | 94296 17556

DR. AKSHAY SHAH | 94264 85805



19 20 21 DECEMBER, 2025

VENUE: HYATT REGENCY ASHRAM ROAD, AHMEDABAD.

Organized By: AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

SCAN TO REGISTER



AOGS FAMILY TRIP

Vietnam

8 NIGHT / 9 DAYS

Time : 1st Week of February, 2026

Cost : **1.35 Lac** (Per Person Approx)
(Flight Included)

Tour Operator : Flamingo Transworld

Accommodation

- > 2 Night(s) in Hanoi at 4 Star or similar
- > 1 Night(s) in Halong at 4 Star or similar
- > 3 Night(s) in Da Nang at 4 Star or similar
- > 2 Night(s) in Ho Chi Minh City at 4 Star or similar

Sightseeing Hanoi, Vietnam

Hanoi city tour, Cyclo tour Hanoi

Sightseeing Ninh Binh, Vietnam

Ninh Binh Day Trip (Tam Coc, Bich Dong, Hoa Lu temple)

Ho Chi Minh City, Vietnam

- > Saigon City Tour
- > War Remnants museum
- > Cu Chi Tunnels

Da Nang, Vietnam

- > Ba Na Hills
- > Hoi An Ancient Town
- > Da nang City Tour



RSVP : AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

For More Detail Contact : **Dr. Nisarg Dharaiya M. : 75672 00111**

Mukesh Gohil M. : 6357 425 315 | Kanubhai M. : 94274 98443

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AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

19 20 21 DECEMBER, 2025

VENUE : HYATT REGENCY, ASHRAM ROAD, AHMEDABAD

Email : sogog2025@gmail.com



DELEGATE DETAILS :

Title : Prof. Dr. Mr. Ms. Mrs. Gender : Male Female :

DELEGATE 1 NAME : _____

DELEGATE 2 NAME : _____

ACCOMPANYING PERSON 1 : _____

ACCOMPANYING PERSON 2 : _____

IF KID THEN NAME : _____

HOSPITAL NAME : _____

EMAIL : _____

CONTACT NUMBER : _____

ADDRESS : _____

COUNTRY : _____ STATE : _____

CITY : _____ PINCODE : _____

SELECT YOUR WORKSHOP

- 1. Mastering Fetal Medicine: Practical Tips
- 2. Operative Obstetrics Skills: Precision & Practice
- 3. Endometriosis & Fibroids : Comprehensive Approach
- 4. Vaginal Surgeries & Urogynecology : Optimizing Patient Outcome

DELEGATE 1	DELEGATE 2
<input type="checkbox"/>	<input type="checkbox"/>

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P.G. Students (Conference):	₹7,080/-

Including GST

SCAN TO REGISTER



PAYMENT DETAILS: By Cheque / DD: By Cash: Amount: _____

Amount in Word: _____

Cheque / DD No.: _____ Cheque / DD Date: _____

Bank Name: _____ Branch: _____

NET BANKING **NEFT** **IMPS** **UPI**To Make Payment
USE This QR Code

Reference Number: _____

UPI Transection ID: _____

Payment Date: _____

Payment Date: _____

Bank Name: _____

From Name: _____

Branch: _____

From UPI ID OR Number: _____

**REGISTRATION GUIDELINES****Important Points**

- All rates are inclusive of applicable taxes (18% GST Included) and shall be charged as per prevailing rates. ● Spot registrants will not be guaranteed Conference Kit and Gift.
- Congress Registration is mandatory for registration in Workshop and Banquet. ● Please provide your membership number (FOGSI Society Registration No.) for our reference. ● Provide all the necessary details as required in the form; it will be used for the conference communication only.
- Provide us your updated email id and WhatsApp Mobile number; it will be used for the registration receipt and other conference communication. ● Conference Organizers are not responsible for postal delays / failure of delivery by post or failure of electronic communication. ● PG. Students should attach a letter from HOD as a Proof of belonging to that College / University.

Travel and Accommodation

- In case of any cancellation of flight/train or any mode of transportation, booking amount will not be refundable. ● In case of late arrival at Venue, guests will not be entitled for missed meals or other activities. ● Any incidental, personal and other expenses and cost of items which are not specified/mentioned in the inclusions are to be borne by the guest.

Liability and Safety

- Management is not responsible for the loss of personal belongings of the guest. Guests are requested to take care of their belongings. ● Guests carrying valuables such as fragile items, money, jewellery, silverware, cameras, electronics / laptop or photographic equipment, antiques, artefacts, work of art, precious metals and other similar valuables at their own risk. ● Organizers reserves the right to cancel reservation without any prior notice in case of any Central/State Government Event/Meetings/Visits or any unwanted natural calamities. In which case, alternative dates can be set or full refund will be given. ● All guests can opt for adequate insurance coverage through their Insurance Company prior to travel.

General Rules

- Any dispute arising in above mentioned terms & condition is subject to Ahmedabad Jurisdiction only. ● No Pets are allowed inside The Venue. ● Guests have to follow the house rules and applicable laws of the land. ● Child below 6 years is complimentary. For the kid above 6 years accompany Person Registration is required.

CANCELLATION & REFUND**Delegate Registration Cancellations**

- Cancellations made on or before November 1, 2025 will receive a 50% refund. ● Cancellations made after November 2, 2025 are not refundable.

No-Shows : Delegates who do not attend the conference ("no-shows") are not eligible for a refund.**Transfer of Registration :** Delegate registrations can be transferred to another individual, subject to approval by the SOGOG 2025 organizing committee. A transfer fee of 500 INR will apply.**Conference Cancellation or Postponement**

- In the event that SOGOG 2025 is canceled or postponed due to unforeseen circumstances, registered delegates will have the option to: Receive a full refund of their registration fee.
- Transfer their registration to the rescheduled conference date (if applicable).

Refund Process

- All refund requests must be submitted in writing to sogog2025@gmail.com ● Refunds will be processed within 30 business days of approval. ● Refunds will be issued to the original payment method used during registration.

Exceptional Circumstances

- Refunds may be considered in exceptional circumstances (e.g., medical emergencies, bereavement) at the discretion of the SOGOG 2025 organizing committee. Supporting documentation will be required.

NEFT Details:

A/C Name : SOGOG - 2025
 A/c Number : **20021021000023**
 Bank : BANK OF INDIA
 Branch : ASHRAM ROAD, AHMEDABAD
 IFSC Code : BKID0002002

Conference Secretariat :

AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

2nd Floor, Dream Icon @ PARIMAL, Nr. Krupa Petrol Pump, Nr. Kalgi Cross Road, Surendra Mangaldas Road,
 Ellisbridge, Ahmedabad, Gujarat 380006 | Phone : 079 - 26586426 | E-mail : sogog2025@gmail.com

MEDICAL QUIZ

1. Which combination defines PCOS according to the 2023 International Evidence-Based Guidelines?

- A. Oligo-anovulation, hyperandrogenism, and elevated LH:FSH ratio
- B. Hyperandrogenism, oligo-anovulation, and polycystic ovarian morphology (any 2 of 3)
- C. Polycystic ovaries and insulin resistance
- D. Hyperinsulinemia, hirsutism, and obesity

2. Which lab test is most specific for detecting biochemical hyperandrogenism in PCOS?

- A. DHEA-S
- B. Androstenedione
- C. Free testosterone (or calculated free androgen index)
- D. Total testosterone

3. What threshold defines polycystic ovarian morphology in adults?

- A. ≥ 12 follicles or ovarian volume > 10 mL
- B. ≥ 20 follicles (2–9 mm) or ovarian volume ≥ 10 mL
- C. ≥ 25 follicles or ovarian volume ≥ 8 mL
- D. ≥ 10 follicles or ovarian volume ≥ 12 mL

4. In adolescents, which finding is not sufficient for diagnosing PCOS?

- A. Persistent oligomenorrhea > 2 years post-menarche
- B. Clinical or biochemical hyperandrogenism
- C. Polycystic ovarian morphology on ultrasound
- D. Elevated LH:FSH ratio

5. Which metabolic abnormality has the highest prevalence in PCOS?

- A. Type 2 diabetes
- B. Dyslipidemia
- C. Hypertension
- D. Non-alcoholic fatty liver disease

6. Which enzymatic abnormality drives ovarian androgen excess in PCOS?

- A. 17α -hydroxylase (CYP17A1) activity in thecal cells
- B. Aromatase (CYP19A1) activity in granulosa cells
- C. 3β -hydroxysteroid dehydrogenase activity
- D. LH receptor sensitivity

7. First-line pharmacologic therapy for menstrual regulation in non-fertility-seeking women with PCOS is:

- A. Metformin
- B. Combined oral contraceptives (COCs)
- C. Clomiphene citrate
- D. Spironolactone

8. Current first-line therapy for infertility in PCOS is:

- A. Clomiphene citrate
- B. Letrozole
- C. Gonadotropins
- D. Metformin

9. Which abnormality persists independent of BMI in PCOS?

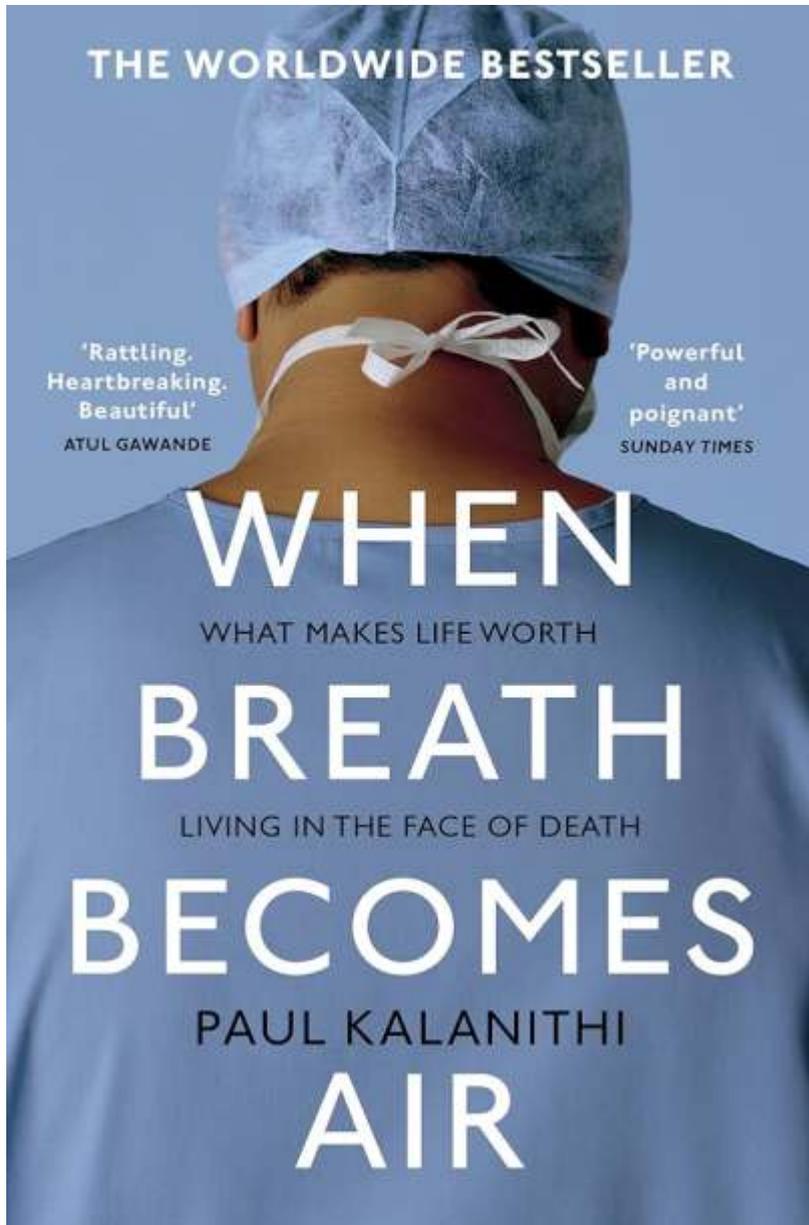
- A. Impaired glucose tolerance
- B. Hypertension
- C. Dyslipidemia (\uparrow TG, \downarrow HDL)
- D. Insulin resistance

10. Which screening is recommended in all women with PCOS?

- A. Annual endometrial biopsy
- B. Screening for depression and obstructive sleep apnea
- C. Annual transvaginal ultrasound
- D. Screening for thyroid disease

Answer Key : 1.B 2.C 3.B 4.C 5.B 6.A 7.B 8.B 9.C 10.B

READER'S CORNER



Book Review:

When Breath Becomes Air by Paul Kalanithi

Paul Kalanithi's *When Breath Becomes Air* is a profoundly moving memoir that explores the intersection of life, death, and meaning. Kalanithi, a gifted neurosurgeon on the cusp of a brilliant career, is diagnosed with terminal lung cancer at age 36. His writing captures the raw and intimate transformation from doctor to patient, blending his medical expertise with a deep philosophical curiosity about mortality. Through elegant prose, he reflects on what it means to live fully, even when the end is near, inviting readers to contemplate the fragile beauty of existence.

The book is divided into two sections: Kalanithi's journey to becoming a neurosurgeon and his confrontation with his own mortality. The first half chronicles

his rigorous academic and medical training, revealing his deep fascination with the mind, morality, and the human condition. The second half shifts in tone as he faces his diagnosis, offering poignant insights into identity, purpose, and the process of letting go. Despite the heavy subject matter, his voice remains calm, compassionate, and full of grace, making the memoir not just a meditation on dying but also on how to live meaningfully.

Kalanithi's story is both heartbreaking and inspiring. His honesty and literary sensitivity make the reader feel his struggle and his serenity in equal measure. The afterword, written by his wife, Lucy, provides a powerful sense of closure, underscoring the love and resilience that define the book. Ultimately, *When Breath Becomes Air* is more than a memoir—it is a testament to the human spirit's ability to find clarity and purpose in the face of death. It's a book that lingers long after the final page, reminding us all to live with intention and compassion.



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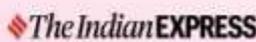
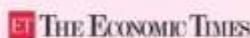
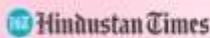


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