AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

AOGS TIMES
"SUTRA"

"Thread" of concise knowledge

2025 - 26

DECEMBER 2025
VOLUME 9

Theme : "Women's Health : Prevent, Detect & Thrive"
Motto : "United in Purpose, Stronger Together"

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Harvey J. Alter, MD

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Charles M. Rice, PhD

Harvey J. Alter, Michael Houghton, and Charles M. Rice were awarded the 2020 Nobel Prize in Physiology or Medicine for the discovery of the hepatitis C virus (HCV)

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22 YEARS OF TRUST

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
- ૭૦ 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!

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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

As we step into a brand-new year, we would like to begin by wishing each one of you a very happy, healthy, and fulfilling New Year. Like every January, this moment brings with it a sense of renewal—new goals, fresh energy, and the hope that the year ahead will be kinder, calmer, and professionally rewarding for all of us. As gynecologists, we know better than most how quickly time moves, and how important it is to pause occasionally and acknowledge milestones along the way.

One such milestone was the SOGOG 2025 Conference, and what a grand success it truly was. The enthusiasm, academic rigor, and camaraderie that filled the conference halls were a testament to the strength of our fraternity. From thought-provoking scientific sessions and engaging discussions to meaningful networking and shared laughter, SOGOG 2025 reflected the very best of what our professional community stands for. It was heartening to see such active participation, curiosity, and openness to learning from colleagues across generations.

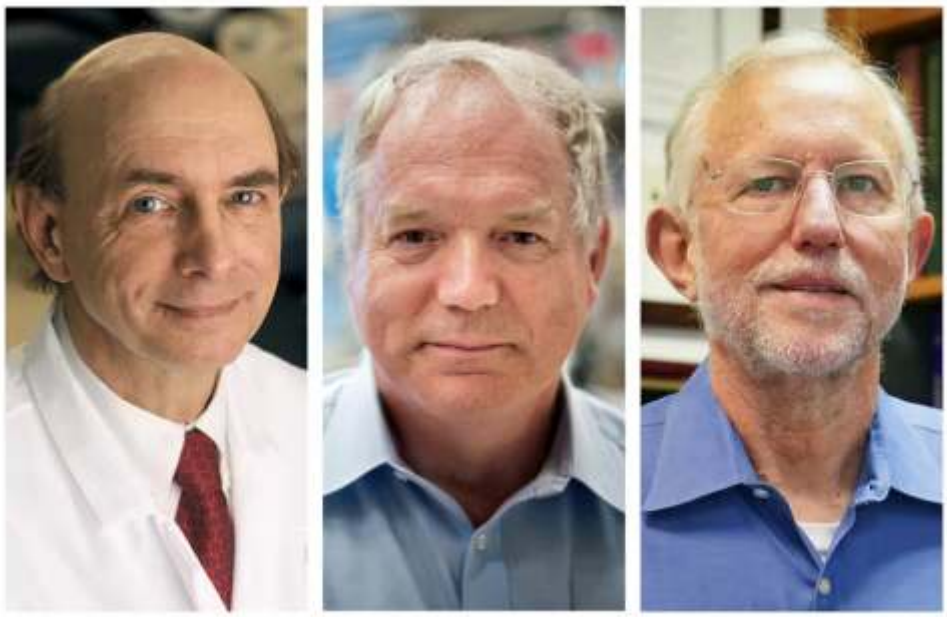
We would like to extend my heartfelt congratulations and sincere thanks to each and every one of you who participated—whether as speakers, moderators, delegates, organizers, or coordinators. Conferences like these succeed not because of a single individual, but because of collective effort. The organizing team worked tirelessly behind the scenes, paying attention to every detail to ensure that the event was smooth, enriching, and welcoming. Their dedication, teamwork, and passion truly showed, and they deserve our deepest appreciation.

As we move forward into this new year, may the spirit of SOGOG 2025 continue to inspire us—in our clinics, operation theatres, classrooms, and research spaces. Let us carry forward this sense of collaboration, excellence, and mutual respect into all that we do. Here's to another year of growth, learning, and shared success. We look forward to more opportunities to connect, learn, and celebrate together.

Dr. Nita Thakre
President

Dr. Parth Shah
Hon. Secretary

CENTERSTAGE



Harvey J. Alter, Michael Houghton, and Charles M. Rice were awarded the 2020 Nobel Prize in Physiology or Medicine for the discovery of the hepatitis C virus (HCV)

Harvey J. Alter, Michael Houghton, and Charles M. Rice were awarded the **2020 Nobel Prize in Physiology or Medicine** for the **discovery of the hepatitis C virus (HCV)**, a breakthrough that resolved a long-standing mystery in transfusion medicine. In the 1970s, Alter demonstrated that a significant proportion of post-transfusion hepatitis cases were caused by an unknown infectious agent, distinct from hepatitis A and B, establishing the existence of what was then termed “non-A, non-B hepatitis.” His meticulous clinical and epidemiological studies showed that this agent was blood-borne and capable of causing chronic liver disease, laying the foundation for subsequent molecular identification.

Building on this work, Houghton and colleagues succeeded in identifying the viral genome in 1989 using innovative molecular cloning techniques, definitively characterizing the hepatitis C virus. Rice subsequently provided the crucial proof of causality by demonstrating that cloned HCV RNA could initiate infection, thereby fulfilling Koch’s postulates at a molecular level. Together, these discoveries enabled the development of sensitive diagnostic assays to screen blood supplies and paved the way for targeted antiviral therapies. The identification of HCV ultimately transformed hepatitis C from a major cause of chronic liver disease, cirrhosis, and hepatocellular carcinoma into a largely curable infection, representing one of the most significant translational achievements in modern hepatology and infectious disease medicine.

SOGOG 2025 : CONFERENCE REPORT

The recent SOGOG conference was proudly hosted at The Hyatt Regency, a prestigious 5-star venue in the city centre, providing delegates with an ideal blend of luxury, convenience, and top-tier facilities.
This year's SOGOG was a multifaceted academic and cultural feast featuring a range of activities including paper presentations, poster sessions, panel discussions, debates, quizzes, and entertainment programs. The event attracted participants from across Gujarat as well as all over the country. The high number of participation and diverse involvement reflects the event's reach and impact.
The delegates were welcomed with a captivating Heritage Themed Entry Gate, setting a dignified and culturally rich tone. The popular Heritage Selfie Booth adjacent to it provided attendees with a perfect opportunity to capture and share memorable moments.
We had Robust Scientific Programming in Dedicated Halls.
The core scientific discourse was conducted across three dedicated and aptly named halls: the Sushrut, Dhanvantari and Charak halls, named after distinguished Indian physicians.
We had 650 Registrations, 300 workshop registrations, 4 Workshops including 1 live workshop, and 12 Panel Discussions

The conference was graced by three cornerstone orations, which were major highlights:

1. The Host society oration was delivered by Dr. Sanjay Gupte who gave a pioneering outlook into Gestosis
2. The SOGOG Oration was presented by Dr Gopal Hirani who gave a wonderful insight on his journey as a practicing OBGYN in a rural area.
3. The AOGS oration was given by Dr. Praful Doshi, who talked about a subject that is often ignored- the unseen half: addressing male infertility

In line with our environmental values, all delegates received eco-friendly potted plants as mementoes, promoting a green and lasting memory of the event.

The MCM was held in a special, well-appointed Board Room. A separate, dedicated hall successfully housed all paper and poster presentations, fostering focused academic discussion.
In all:
● Papers Presented: 27 ● Posters Displayed: 76 ● Debates: 5
● Quiz Participants: 12 (representing various regions of Gujarat)

50 pharma companies provided sponsorship/participation.
Special Pharma-Supported Scientific Sessions provided crucial insights, effectively bridging research and practical application.
The conference was marked by impeccable timing, with all scientific sessions starting and finishing as per schedule.
Throughout the event, delegates enjoyed round-the-clock access to tea, coffee, and snacks, ensuring constant refreshment and networking opportunities.
Beyond the rigorous scientific agenda, the conference was brilliantly balanced with unforgettable entertainment that fostered incredible camaraderie, teamwork, and joy among all attendees.
The energetic highlight was the SOGOG Olympics, a dynamic sports event that brought together competing teams from different societies. The atmosphere was electric with friendly but spirited competition, echoing with cheers, laughter, and a thrilling display of athleticism.
Ww also held a vibrant cultural program that had wonderful performances from four different OBGYN societies. It was a dazzling display of unity and talent.
However, the pinnacle of celebration was undoubtedly the Musical Night with Maahi. The evening was an absolute sensation, transforming the venue into a sphere of pure energy and delight. From the first note, Maahi's captivating performance had everyone on their feet. The dance floor became the epicenter of joy, as delegates, faculty, and dignitaries alike let loose and danced the night away. It was a collective, euphoric experience that will be fondly remembered.
The conference concluded on a high note, having successfully achieved its objectives of knowledge sharing, collaboration, and professional enrichment.

48th SOGOG 2025 - 19 20 21 DECEMBER, 2025

VENUE :
HYATT REGENCY
ASHRAM ROAD, AHMEDABAD.

DAY 1























48th SOGOG 2025 - 19 20 21 DECEMBER, 2025

VENUE :
HYATT REGENCY
ASHRAM ROAD, AHMEDABAD.

DAY 1



























48th SOGOG 2025 - 19 20 21 DECEMBER, 2025

VENUE :
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DAY 2

























48th SOGOG 2025 - 19 20 21 DECEMBER, 2025

VENUE :
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DAY 2

48th SOGOG 2025 - 19 20 21 DECEMBER, 2025

VENUE :
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DAY 3

48th SOGOG 2025 - 19 20 21 DECEMBER, 2025

VENUE :
HYATT REGENCY
ASHRAM ROAD, AHMEDABAD.

DAY 3
























Congratulations

on being installed as

PRESIDENT, SOGOG

Dr. Alpesh Gandhi

WINNERS OF SOGOG OLYMPICS

Badminton

Winner DR DEVAL SHAH -DEESA
Runner up DR JAYESH PATEL - AHMEDABAD

TABLE TENNIS

Winner DR BHAVIT SHAH
Runner up DR ISHAN SHAH

CHESS

Winner DR CHIRAG JOSHI -GANDHINAGAR
Runner up -DR MRUGESH SHAH

CARROM

Winner Dr PARUL KOTDAWALA
Runner up DR ZAKEER DADU

Box Cricket

Winner
NORTH GUJARAT UNITY TEAM

SOGOG 2025 - AOGS ZONAL ROUND WINNERS

Badminton

Gold - Jayesh Patel
Silver - Rajeshwari Modi

Table Tennis

Gold - Bhavit Shah
Silver - Darshan Shah

Chess Masters

Gold - Mrugesh Shah
Silver - Azadeh Patel

Carrom Board

Gold - Parul Kotdawala
Silver - Darshan Shah

Best Performance

Male - Ashish Verma
Female - Rajeshwari Modi

Sports Couple

Shantwan Mehta
Riddhi Mehta

Box Cricket

Team Ashish Verma, Parth Shah, Manoj Pandya, Bhavit Shah, Anuj Pandya, Darshan Shah, Sanjay Shah

CONDOLENCES:

Dr. Vishakhaben Shah

Dr. Harshadbhai Ladola

With heartfelt condolences, we mourn the loss of these respected souls whose lives touched many. May their legacy continue to inspire, and may their loved ones find strength and peace.

INCRETIN HORMONES AND DRUGS

Dr. Arati Gupte

After the very informative and lively discussion we had in SOGOG on the topic of the new **"weight-loss drugs"**, we would like to share some information regarding the same.

Incretin hormones
are gut-derived hormones that are released after eating and powerfully stimulate insulin secretion. Their discovery revolutionized the understanding of how the gut communicates with the pancreas and brain, leading to a major class of diabetes and obesity drugs (like Ozempic and Mounjaro).

The Core Concept: The "Incretin Effect"
Scientists observed a key phenomenon: An oral glucose load (eating) causes a much greater insulin release than an intravenous glucose infusion (injection) that results in the same blood sugar level. This meant something from the gut was amplifying the pancreas's response.
This "something" is the *incretin effect*, mediated primarily by two hormones released from the intestines in response to food.

The Two Major Incretin Hormones
Both are peptide hormones secreted by enteroendocrine cells in the small intestine.

Hormone	Abbreviation	Primary Source	Key trigger for release
Glucagon-like Peptide-1	GLP-1	L-cells in the distal ileum & colon	Nutrients, especially fats & carbohydrates
Glucose-dependent Insulinotropic Polypeptide	GIP	K-cells in the duodenum & jejunum	Nutrients, especially fats & glucose

What Do They Do? (Their Physiological Actions)
Their effects are multi-system, but they share a core, crucial feature: Their actions are glucose-dependent. They work only when blood sugar is elevated, which lowers the risk of dangerous hypoglycemia.

<u>Shared Core Action:</u>

- Potentiate Glucose-Stimulated Insulin Secretion: They signal the pancreatic beta-cells to release insulin in anticipation of and in response to the incoming nutrients from a meal. This is the defining incretin effect.

Additional Actions of GLP-1:

- Suppresses Glucagon Secretion
- Slows Gastric Emptying
- Promotes Satiety: Acts directly on appetite centers in the hypothalamus and brainstem to reduce hunger and increase feelings of fullness.
- May Preserve Beta-Cell Mass: In animal studies, it shows protective effects on insulin-producing cells.

Actions of GIP:

- Stimulates Insulin Secretion: Its primary role, especially in response to fat intake.
- Promotes Fat Storage: Encourages adipocytes to take up and store fatty acids.
- Effects on Bone: May play a role in bone formation.
- Controversial Role in Obesity: In typical obesity, GIP's fat-storing action may be detrimental. However, in the context of drugs like Mounjaro (which activates both GIP and GLP-1 receptors), GIP appears to enhance GLP-1's benefits and may improve insulin sensitivity in fat tissue.

The "Incretin Defect" in Type 2 Diabetes

This is why these hormones are so therapeutically important:

- Diminished Effect: The incretin effect is significantly reduced in people with type 2 diabetes.
- GLP-1 Deficiency: Secretion and activity of GLP-1 are impaired.
- GIP Resistance: While GIP levels may be normal or high, the pancreas becomes resistant to its insulin-stimulating effects.

This defect contributes to the post-meal blood sugar spikes and worsening insulin secretion seen in diabetes.

Therapeutic Applications: Mimicking and Enhancing Incretins

This understanding led to the development of drugs that overcome the "incretin defect":

1. **GLP-1 Receptor Agonists (GLP-1 Ras):** These are synthetic, longer-lasting versions of human GLP-1 (or exendin-4, from the Gila monster lizard) that resist rapid degradation.

Examples: Liraglutide (Victoza, Saxenda), Semaglutide (Ozempic, Wegovy, Rybelsus), Dulaglutide (Trulicity), Exenatide (Byetta, Bydureon).

Uses: Type 2 diabetes and chronic weight management.

2. Dual Incretin Agonists: The newest class, activating receptors for *both* GLP-1 and GIP.
Example: Tirzepatide (Mounjaro, Zepbound). This dual action is believed to produce superior glucose control and weight loss compared to GLP-1-only drugs.

3. DPP-4 Inhibitors: A different approach. These oral drugs inhibit the enzyme Dipeptidyl Peptidase-4 (DPP-4), which normally breaks down native GLP-1 and GIP within minutes. By blocking DPP-4, they prolong the activity of the body's own incretins.
Examples: Sitagliptin (Januvia), Saxagliptin (Onglyza), Linagliptin (Tradjenta).

Summary

Incretin hormones (GLP-1 and GIP) are essential metabolic messengers that link nutrient intake to optimal insulin release and energy regulation. Their discovery not only advanced basic science but directly led to some of the most effective and safest modern therapies for type 2 diabetes and obesity. The development from single (GLP-1) to dual (GLP-1/GIP) agonists represents the ongoing translation of this fundamental biology into groundbreaking treatments.

MEDICAL QUIZ

Quiz: GLP-1 Agonist Weight Loss Drugs

1. What does GLP-1 stand for?

A. Glucose-Lowering Peptide-1

B. Glucagon-Like Peptide-1

C. Growth-Linked Protein-1

D. Gastrointestinal Lipase-1

2. GLP-1 receptor agonists promote weight loss primarily by:

A. Increasing basal metabolic rate

B. Blocking fat absorption in the intestine

C. Reducing appetite and slowing gastric emptying

D. Increasing urinary glucose excretion

3. Which of the following GLP-1 receptor agonists is FDA-approved specifically for chronic weight management?

A. Exenatide

B. Liraglutide

C. Sitagliptin

D. Acarbose

4. Semaglutide used for weight loss is typically administered as:

A. A daily oral tablet

B. A weekly subcutaneous injection

C. An intravenous infusion

D. A transdermal patch

5. Which hormone's action is mimicked by GLP-1 receptor agonists?

A. Insulin

B. Glucagon

C. Incretin hormone released from the gut

D. Leptin

6. A common gastrointestinal side effect of GLP-1 agonists is:

A. Constipation only

B. Severe diarrhea in all patients

C. Nausea and vomiting

D. Peptic ulcer disease

7. GLP-1 receptor agonists aid glycemic control by:

A. Stimulating insulin secretion regardless of glucose level

B. Increasing hepatic glucose production

C. Enhancing glucose-dependent insulin secretion

D. Inhibiting renal glucose reabsorption

8. Which patient population should generally avoid GLP-1 receptor agonists?

A. Patients with obesity and type 2 diabetes

B. Patients with a history of medullary thyroid carcinoma

C. Patients with hypertension

D. Patients with dyslipidemia

9. Weight loss achieved with GLP-1 agonists is best maintained when combined with:

A. High-protein diet alone

B. Exercise alone

C. Lifestyle modification including diet and physical activity

D. Appetite suppressants

10. Tirzepatide differs from traditional GLP-1 agonists because it also acts on:

A. Insulin receptors

B. GIP (glucose-dependent insulinotropic polypeptide) receptors

C. Leptin receptors

D. Ghrelin receptors

✅ Answer Key :

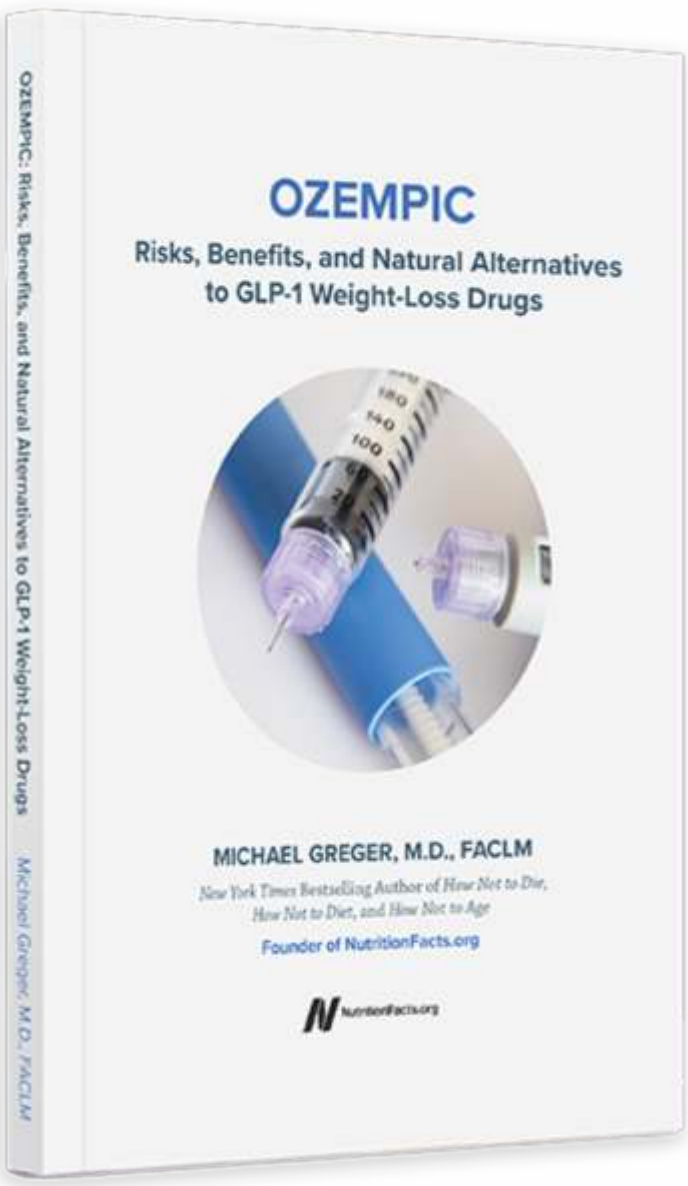
1.B – Glucagon-Like Peptide-1 I **2.C** – Reducing appetite and slowing gastric emptying

3.B – Liraglutide I **4.B** – Weekly subcutaneous injection I **5.C** – Incretin hormone released from the gut

6.C – Nausea and vomiting I **7.C** – Enhancing glucose-dependent insulin secretion

8.B – History of medullary thyroid carcinoma I **9.C** – Lifestyle modification including diet and physical activity I **10.B** – GIP receptors

READER'S CORNER



OZEMPIC: Risks, Benefits, and Natural Alternatives to GLP-1 Weight-Loss Drugs by New York Times bestselling author Dr. Michael Greger appears at a time when GLP-1 receptor agonists have rapidly transformed obesity management. Originally developed for diabetes, drugs such as semaglutide are now widely prescribed for weight loss, often with striking short-term results. Greger acknowledges this efficacy and clearly explains the underlying incretin physiology, appetite suppression, and metabolic effects that make these agents so powerful. Rather than questioning their immediate benefits, he places them in the historical context of earlier weight-loss pharmacotherapies, many of which initially appeared promising but later revealed significant limitations.

The book devotes careful attention to adverse effects and unresolved safety questions. Common gastrointestinal symptoms are discussed alongside concerns that matter in day-to-day clinical practice, including gallbladder disease, pancreatitis, thyroid risk signals, loss of lean mass, and the practical reality of weight regain after discontinuation. Greger highlights high real-world discontinuation rates and raises the question of whether long-term or lifelong therapy is a reasonable expectation for such a large patient population, particularly given cost and adherence issues.

A defining feature of the book is its strong emphasis on non-pharmacologic strategies. Greger reviews evidence supporting whole-food, plant-forward dietary patterns and other lifestyle interventions that may enhance endogenous GLP-1 activity and improve satiety. While he concedes that these approaches rarely match the magnitude of weight loss seen with GLP-1 agonists, he positions them as safer, more sustainable foundations for long-term metabolic health rather than adjuncts of secondary importance.

Overall, the book adopts a cautionary but not dismissive tone. Greger does not argue against the use of GLP-1 receptor agonists; instead, he urges clinicians to critically evaluate long-term safety, durability of benefit, and patient expectations. For physicians, the book's primary value lies in encouraging more nuanced risk–benefit discussions and shared decision-making, offering a thoughtful counterweight to the current enthusiasm surrounding GLP-1–based weight-loss therapies.

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Motherhood Hospital achieves Gujarat's first Microwave Ablation for Adenomyosis using 4K 3D Rubina Laparoscopy System.

Dr. Anand Patel & Team performed the breakthrough surgery.

Microwave Ablation of Focal Adenomyoma
A Fertility-Preserving Treatment Option

Patient Symptoms

- Dysmenorrhea
- Dyspareunia
- Heavy menstrual bleeding
- Impaired quality of life with difficulty in planning conception

Procedure

Ultrasound-guided microwave ablation of focal adenomyoma was performed as a minimally invasive, uterus-preserving technique in a patient desiring future fertility.

Outcome After Surgery

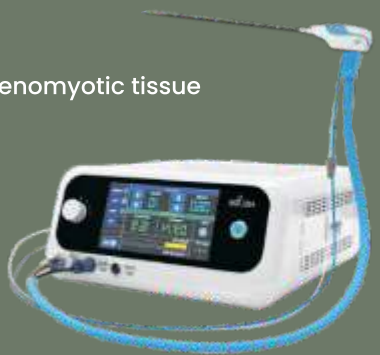
- Significant reduction in menstrual pain and bleeding.
- Rapid symptomatic improvement
- Progressive reduction in uterine volume
- Uterus achieved near-normal size within 3–6 months, as reported in published studies
- No distortion of the uterine cavity

Fertility Outcome

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

About the Microwave Ablation System

- Delivers high-frequency thermal energy for precise ablation of adenomyotic tissue
- Preserves surrounding healthy myometrium
- Performed under real-time ultrasound guidance
- Minimally invasive with reduced recovery time



" Microwave ablation offers an effective, fertility-sparing alternative for the management of focal adenomyoma in women wishing to conceive. "

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INDIA ✱ NEWS ✱ 10 JANUARY 2026

SNEH IVF EXPANDS IT'S FOOTPRINT IN JAMNAGAR

THE JAMNAGAR BRANCH IS EQUIPPED WITH A FULLY ADVANCED IN HOUSE IVF LABORATORY

Launch of ISAART (International Scientific Academy for Advanced Research and Training)

We are pleased to announce the launch of ISAART, the Academic and Training division of SNEH Hospitals, established with the vision of creating a robust platform for high-quality training, research support, and skill-based education across healthcare and scientific disciplines. ISAART is committed to advancing clinical excellence by integrating academic rigor with real-world clinical exposure.

ISAART is designed to offer comprehensive, progressive, and practice-oriented education in infertility care, embryology, cosmatology, fetal medicine and laproscopy. The Academy primarily supports clinicians, especially gynaecologists & embryologist. Through well-structured academic curricula, case-based learning, hands-on & closely mentored clinical exposure, ISAART provides ART Level 1 and Level 2 training, focused short-term programs, and advanced fellowship courses. By offering flexible educational formats and expert mentorship.

"FIRST OF ITS KIND NEEDLE FREE IVF IN GUJARAT,ONLY AVAILABLE AT SNEH IVF."

From China to Croatia: Our Research Making a Global Impact at ASPIRE & ALPHA

We are delighted to share that two of our key research studies have been selected for presentation at leading international conferences in reproductive medicine, highlighting the growing academic and scientific impact of our work on a global platform. One study has been accepted at ASPIRE – Asia Pacific Initiative on Reproduction, to be held in Beijing, China, titled "Evaluating the Translational Impact of PGT in High-Risk IVF Populations: Does Its Application Improve Clinical Outcomes?". This research evaluates the real-world clinical value of Preimplantation Genetic Testing (PGT) in high-risk IVF patients, focusing on its role in improving implantation, pregnancy outcomes, and evidence-based clinical decision-making.

The second study has been selected for presentation at ALPHA – Alpha Scientists in Reproductive Medicine, to be held in Dubrovnik, Croatia, titled "Does Degree of Expansion Matter? Re-evaluating the Relationship Between Blastocyst Expansion and Ploidy Status." This research re-examines key embryological parameters used in embryo selection and their correlation with chromosomal normalcy.

Both ASPIRE and ALPHA bring together global leaders in reproductive medicine, embryology, and ART research, and this recognition reflects our continued commitment to scientific excellence, clinical innovation, and advancing evidence-based reproductive care worldwide.

Advanced Dermatology, cosmetology, hair, aesthetic & plastic surgery Clinic

Cosmetic Aesthetic Clinic has launched its advanced Dermatology Department, offering expert care for a comprehensive range of skin, hair, and aesthetic concerns. The department is led by experienced full time dermatologist and is equipped with modern medical technology to ensure accurate diagnosis and effective treatment.