



...The Newsletter of The PCOS Society of India

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Welcoming our New Members....

Our Patrons



Preksha Jain
Gynaecologist



Yugali Warade
Gynaecologist



Bharat Bhushan
Gynaecologist



Anita Nelakuditi
Gynaecologist



Chetna Jain
Gynaecologist



Padmaja Mohan
Gynaecologist

Life Members

Krutika Arunachalam
Zeel Shah
Visheshya Yadav
Hemashree Patel
Chandana Bhat
Uma Devi Sunkari
Shrutika Thakkar
Pallabi Nayak
Suhani Chandra
Anu Manivannan
Harshal Virendra Shah
R. Krishnaveni

Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist

Anjalakshi Chandrasekar
Garima Gupta
Ruchi Hooda
Nidhi Bhutani Sood
Vishnu Vasudevan
Shaikh Abdul Moiz Samad
Vinita Agarwal
Ketan Niranjana Parikh
Gayathri Devi S S
Sheetal Sawankar
Malathi Balamurugan
Gayathri Ganesan Ram

Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Endocrinologist
Pediatrician
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Physician
Gynaecologist

S Alagusundarammal
S Nischintha
Anindita Thakur
Ankesh Raju Sahetya
Sweta Bhansali
Rajlaxmi Mundhra
Anupama Bahadur
Bini Siva Raj
Nisha Jain
Aneri Parikh
Jaina Shah
Arunima Goyal

Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist
Gynaecologist

Associate Members

Nisha Singh
Zoish Patel
Arunjyoti Hazarika

Nutritionist
Homoeopath
Physiotherapist

Mohita Mascarenhas
Suhasini Mudraganam

Nutritionist
Nutritionist



Navya Advani

A beautiful poem on climate change

The Rainforest

Deep into the rainforests it's a struggle to survive.
From insects to plants, all wanting to thrive.
Cutting down forests and trees aren't helping.
The flora and fauna of the rainforests are yelping.
The animals and plants have nothing to say.
The human's orders they must obey.
The trees give us oxygen that is going to waste.
They give us supplements like food and paste.
Without the rainforests we aren't likely to survive.
It would be hard for us to stay alive.
The climate is changing because of our behaviour.
We aren't doing the world a favour.
It's our job to make sure the world is a happy place and it
runs at a steady pace.
The rainforests are the lungs our beloved planet Earth.
We should know what they are worth.
These forests are home to more than 50 percent of animals.
From sloths to bears and many other mammals.
The rainforest has a friend in me.
So let's once and for all let them be.

Introducing ..

Reader's Corner

Introducing a new interactive section in Pandora, which gives our readers an opportunity to interact with us. A space where you can send in your feedback & suggestions for the newsletter. So, do write to us and send in your thoughts.



editorpcossociety@gmail.com



Editorial

Executive Committee

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Dr. Madhuri Patil

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Dr. Sujata Kar



Duru Shah

MD, FRCOG, FCPS, FICS, FICOG, FICMCH, DGO, DFP

Director, Gynaecworld

The Center for Women s Fertility & Health, Mumbai

President, The PCOS Society, India

Chief Editor, Pandora

Dear Friends

As we approach the end of the year 2021, our hopes are rising, our smiles are widening and we are awaiting a wonderful 2022! We are awaiting a year when we can travel as before, meet our near and dear ones, make new friends, see the world or just enjoy a meal together without worrying about the Big Bad Virus! We thank all those, especially our scientists who have been responsible for making this a reality!

This is our last issue of the Pandora for the year 2021. It covers all the exciting events we have had through August to November 2021. September is the month dedicated as the **International PCOS-Awareness Month** to connect with girls and women with PCOS across the nation! Through a multidisciplinary approach involving members of our Society, we reached out to thousands of women who watched and listened to us on how to overcome their problems related to PCOS, and also got their queries answered! This event also involved young college students who created beautiful prize winning slogans and posters through a competition. Watch the entire 3 hours event on the link given below.

The other event we were proud to host was the KBC Style **Grand Finale of our Quiz**, with brilliant young minds answering the questions of the Quiz Master and carrying away huge cash prizes, watch the live event on the below mentioned link.

Our Series of W3 Webinars has continued with extremely positive feedbacks. These are great interactive discussions, very practical and easy to watch. Watch all episodes on the below mentioned link.

We are proud to announce the formation of the **Youth Brigade** of the PCOS Society, who will be officially inducted soon. I would like to personally congratulate all those who have been appointed and am looking forward to working with this enthusiastic and dynamic team! Check the list of the selected members on page 5 of this issue of the Pandora!

Please don't miss the **Points of View** new section added to this Newsletter on page 4, where different minds give their point of view on debatable issues related to PCOS. I am sure you will find this extremely informative. Also don't miss the lovely poem on **Climate Change** written by a little 10 year old girl. It reminds us that it is time for all of us as adults to do our bit to give our future generation a healthier world to live in. Do give your feedback and topics you would want to see in the next issue! I would like to thank all my team members at the PCOS Society of India, for making all these activities real, all the Corporates who have supported our academic journey through the year, our staff for all their backend co-ordination and all our well-wishers for having the confidence in us and making us grow stronger year after year!

I would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year!

With warm regards

Duru Shah

Founder President

The PCOS Society of India



Links for viewing:

PCOS Awareness Month Celebration: <https://www.youtube.com/watch?v=mfEtC1pD2cs>

Grand Finale of our Quiz: <https://www.youtube.com/watch?v=9FZqNpyKBfIOur>

W3 Webinars: <https://pcosindia.org/webinars.php>

Email: thepcosociety@gmail.com
www.pcosindia.org

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Scientific Article : Points of View



Ruby Sound

Consulting Dietitian & Performance Nutritionist
Proprietor, Eatwise Nutrition Clinic & Wellness Centre

Pro and Cons of Supplements for rapid weight loss

Supplements are considered as a short-cut to rapid weight loss. The right type of supplement taken under supervision and monitored closely by a nutritionist may prove to be beneficial for weight loss.

PROS :

- Individuals on a weight loss program usually are on a calorie restricted diet that may or may not be sufficient to provide micronutrients as per the RDA. Supplements fill this gap and provide the required nutrients and fibre.
- Portion control is easily manageable by the use of supplements as the calorie intake is very specific.
- Supplements provide a solution to those individuals who travel very often while they are on some weight loss regime.
- Some supplements that contain functional ingredients work like adjuvants that support rapid weight loss.

CONS :

- Supplements are not meant forever. Hence, weight loss may be possible only for short time and weight regain may happen once the use of supplements is discontinued.
- Use of supplements is not cost effective.



Niti Desai

MSc SRD (UK)
Consultant Nutritionist
Secretary of the Association of Diabetes Educators

KETO DIET : Pros and Cons

The keto diet is distinctive for its exceptionally high-fat content (70-80% of daily calories), reducing carbohydrate intake to less than 50 grams a day.

PROS :

- Reduces food cravings, helps reducing consumption of sugary foods
- Helps feel full for a longer period of time
- Allows inclusion of favourite high fat foods
- Over a shorter period of time (one year), results in a small but significantly greater reduction in weight | blood sugar | triglycerides | Blood pressure | insulin resistance

CONS :

- Maintaining a very high-fat diet with limited foods is challenging
- Fruits and many vegetables are eliminated, leading to multiple deficiencies of fiber, vitamins, minerals and antioxidants.
- Extreme carbohydrate restriction may lead to fatigue, low mood, irritability, constipation, headaches, and brain fog.
- Long-term adherence may lead to hypercholesterolemia and increased risk of kidney stones, osteoporosis and hyperuricemia.
- Extremely low carbohydrate (<30%) intake is linked to higher mortality rates.
- Planning a vegetarian keto diet is a challenge.
- Expensive.

Calories Matter



We are aware that diet plays an important part of the life style modifications recommended to our PCOS patients, but which of the multiple diets available is the most effective one for them? Here we ask 4 expert Dieticians, their view on the various diets.



Shilpa Joshi

Practicing Dietician, Diabetes Educator
Director, Mumbai Diet and Health Centre
National Vice President, Indian Dietetic Association
Hon. Secretary, All India Association for Advancing Research in Obesity

Intermittent Fasting - Pros and Cons

Calorie restriction is an effective way of weight reduction and improving metabolic profile. There are various ways in which calorie restriction can be achieved. One of the methods could be intermittent fasting(IF). Fasting is part of most religious disciplines. Fasting as a weight loss modality has gained popularity recently. There are various methods of fasting like 5:2 eat for 5 days and no eating for 2 days, Leangains, Dubrow diet and time restricted feeding. Among all these, time restricted feeding has become very popular fasting for 16 hours and eating for 8 hours.

Benefits of IF are many if done in the right manner increases longevity and decreases oxidative stress, lowering of blood pressure, cholesterol, blood sugar & weight loss. The side effects of fasting if not done under guidance of a health care provider include irritability due to hunger, hypoglycaemia (especially in individuals on insulins, sulphonylureas), constipation and acidity.

It is important to remember to follow a robust diet regimen during non-fasting period to avail benefits.



Jagmeet Madan

National President, Indian Dietetic Association
Principal, Professor, Department of Food Nutrition and Dietetics
Sir Vithaldas Thackersey College of Home Science (Autonomous)
SNDT Women's University, Juhu, Mumbai.

Low Cal Diet for PCOS

A PCOS individual can be lean or obese or lean obese. A low calorie diet is a recommendation for a PCOS patient, but the caveat is that this calorie restriction should come with quality intake.

The good quality proteins, good quality fats and good quality carbohydrates in the diet laden with dietary fibre and micronutrients within a restricted caloric intake is the cornerstone in the management of PCOS patients.

The role of a professionally qualified nutritionist in the management is a prerequisite for successful management.

Important Announcements

Welcoming our **Youth Brigade!**

A dynamic **22 member team** who will be groomed under our experienced 16 member Managing Committee for their next step into the Managing Committee.



Dr. Aakriti Gupta
MD OBGYN



Dr. Aditi Godbole
MS OBGYN, DNB



Dr. Aishwarya Nupur
MS.OBGYN



Dr. Arohi Tasgaonkar
MS OBGYN



Dr. Barsha Sahu
MS OBGYN



Dr. Jwal Banker
MS, DNB, OBGYN



Dr. Kavya Venkatappa
RGUHS, DNB(obg)-NBE



Dr. Manjiri Valsangkar
MD OBGYN



Dr. Nidaa Khan
MS OBGYN



Dr. Shivani Verma
MS OBGYN



Dr. Pallabi Nayak
MS OBGYN



Dr. Vinutha Hanji
MD OBGYN



Dr. Zeel Shah
MS.DNB



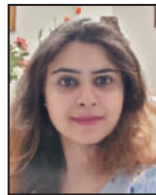
Dr. Swetha Ghatnatti
MS OBGYN



Dr. Neha Mahajan
MD OBGYN



Dr. Riddhi Desai
MS. PGDMLS



Dr. Pallavi Sharma
DNB, MS.OBGYN



Dr. Nidhi Shah Gandhi
DNB, OBGYN



Dr. Sheetal Sawankar
DNB, OBGYN



Dr. Krutika Arunachalam
MD OBGYN



Dr. Nagadeepti Naik
DNB, OBGYN



Dr. Shrutika Thakkar
MS OBGYN

Aspire 2022

CALLING FOR ABSTRACT

Submission deadline: 20 December 2021



The 11th Virtual Congress of the Asia Pacific Initiative on Reproduction

Addressing the Challenges of Human Reproduction

Thursday, 28 April - Sunday, 1 May, 2022

Registration will open on 15 November 2021

Visit www.aspire-2022.com for information



ASPIRE MEMBERSHIP DRIVE

Quickly join us and be a part of this community that is filled with enthusiastic and forward thinking leaders in ART and infertility-related services

SPECIAL RATES (till May 2022 only)

1-Year Membership (2022): SGD 25

2-Years Membership (2022-2023): SGD 50

3-Years Membership (2022-2024): SGD 75

4-Years Membership (2022-2025): SGD 100

5-Years Membership (2022-2026): SGD 125

*Usual rate per membership year is SGD 90

WHAT DO MEMBERS GET?

- Access to the ASPIRE Education Portal
- Reduced registration fees to ASPIRE Congress and Masterclasses
- Free access/Reduced reg fees to ASPIRE Webinars, Regional Meetings
- Newsletters and regular updates on ASPIRE's activities
- Opportunity to participate in ASPIRE's projects & host regional events
- The right to attend and vote at ASPIRE's Annual General meetings
- Be part of an ASPIRE Special Interest Group (SIGs) & forum

visit www.aspire-reproduction.org
for information on membership subscriptions/renewals

Scientific Activities of the Last Quarter

6th Annual Conference 2021

Day 1

Opening Ceremony

Session 1 : Understanding the origins of PCOS

- Kissseptin, the new kid on the block | **Alessandro Genazzani**
- Evolution of OHSS over decades | **Rina Agarwal**
- Androgens, the havoc they create in PCOS | **Chii Ruey TZeng**
- Discussion

Session 2: Tips and Tricks for IVF in PCOS women

- Ovarian Stimulation | **Fady Sharara**
- Luteal Support | **Gamal Serour**
- Adjuvant Therapies | **Mohan Kamath**
- Discussion

Session 3: Current Research in PCOS

- Insights on PCOS from The Women's Health Study : a 26 years long ongoing study | **Gita Mishra**
- Gynaecological Cancer in PCOS | **Madhuri Patil**
- Should inositols be part of our treatment options? | **Rob Norman**
- Discussion

Session 4: Points of View

- Is there any place for surgical management of PCOS? | **Tin Chiu Li**
- Can PCOS cause Recurrent miscarriages? | **Lesley Regan**
- Is Measuring the waist circumference better than assessing BMI? | **Piya Thakkar Ballani**

Session 5: Invited Oral Communication

Day 2

Welcome

Session 6: Invited NIRRH Session

Session 7: Impact of PCOS on other Systems

- Liver - Are PCOS women more prone to NASH and NAFLD? | **Madhumita Premkumar**
- Musculoskeletal system – Are PCOS women more sarcopenic? | **Meeta Singh**
- Bone – Are PCOS women less prone to osteoporosis? | **Tobie De Villiers**
- Discussion

Session 8: PCOS and Metabolic syndrome

- Does the PCOS phenotype predict the risk of developing metabolic syndrome? | **Clare Boothroyd**
- Should Metformin be prescribed before and during pregnancy? | **Uday Thanawala**
- Is PCOS a risk factor for increasing severity of COVID infection? | **Shashank Joshi**
- Discussion

Session 9: PCOS at Forty Plus Identifying issues and managing them

- Hormone therapy - Selecting the best protocol | **Mary Ann Lumsden**
- Anxiety and Depression | **Kathleen Hoeger**
- Is fertility preserved in PCOS women? | **Anuja Dokras**
- Discussion

Session 10: Hyperandrogenemia in PCOS

Moderator: **Sonia Malik**

- **Panel Discussion:** The cosmetic needs of Hyperandrogenic PCOS women – How best can we address them?

Panelists : **Gulrez Tyebkhan, Rasya Dixit, Anil Tibrewala, Dr. Anurag Lila**

Concluding Session

Scientific Content



Speaker & Program Quality



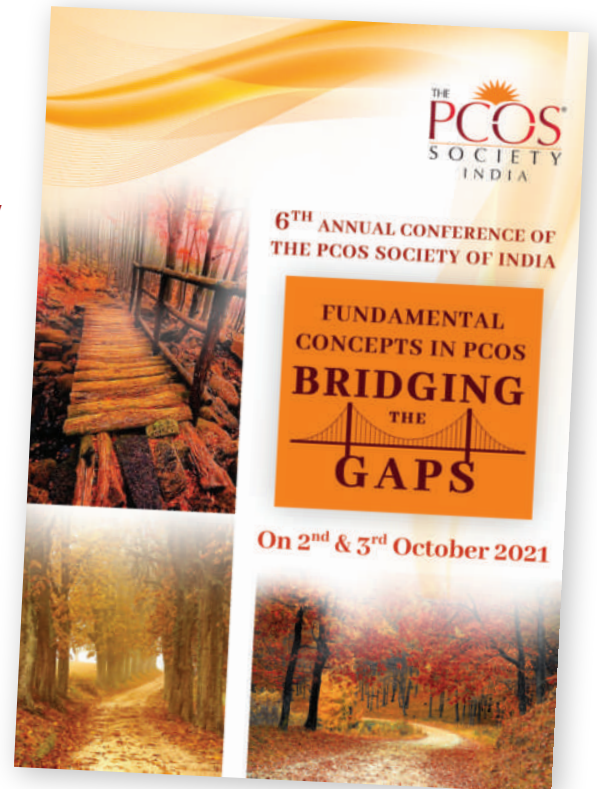
Virtual Ambience



Practical Application



1996+
Delegates
Registered

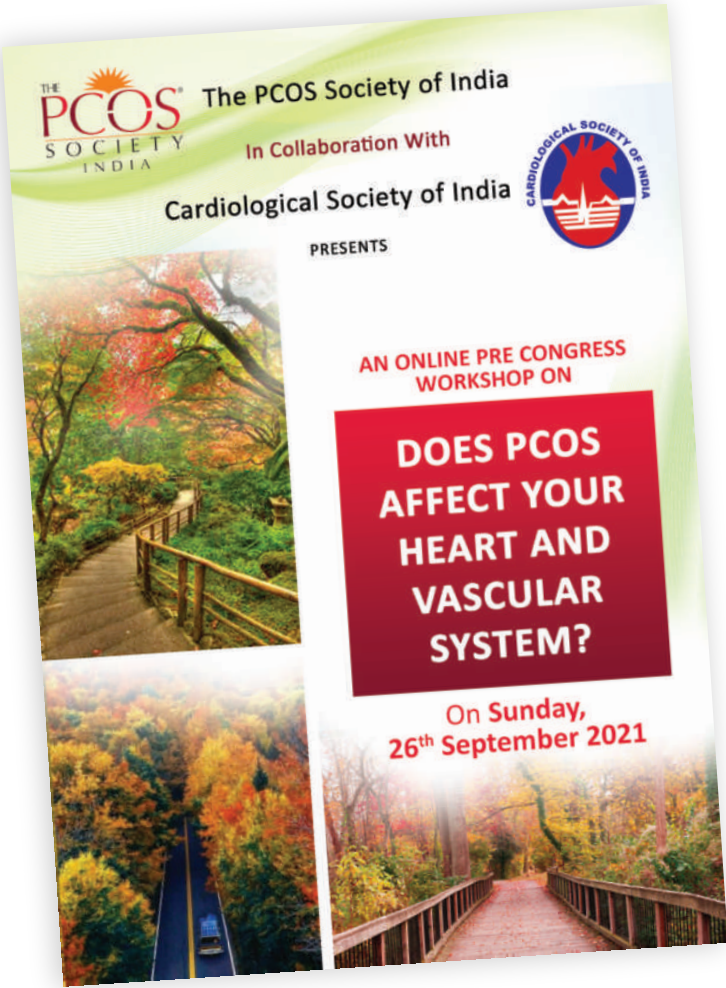


Our Faculty

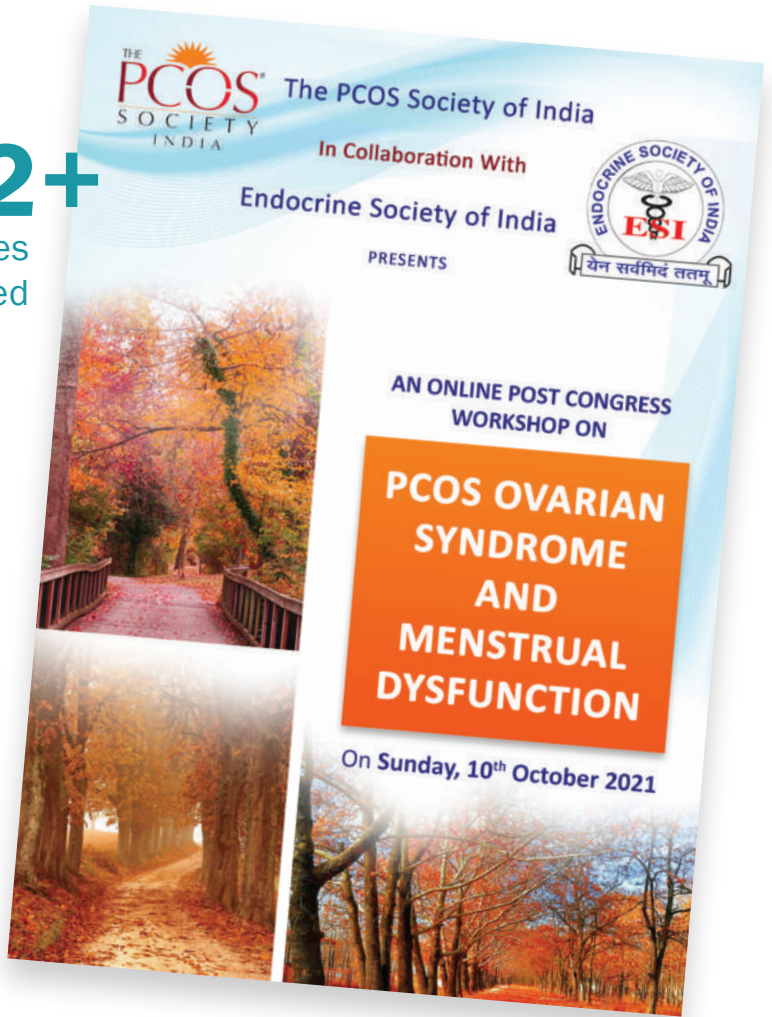




Our Collaborations : Pre and Post Congress Workshops



1342+
Delegates
Registered



1222+ Delegates Registered

Link to view the recordings : <https://www.pcosindia.org/video-gallery.php>

Winning Posters



1st price winner
Diksha Sharma
ICMR-SRF (Ph.D. student) NIRRH, Mumbai



2nd price winner
Anupama Bahadur
Professor in Dept of Obs and Gynaec, AIIMS Rishikesh



3rd price winner
Roshan Dadachanji
ICMR-Post doctoral Fellow
Department of Molecular Endocrinology



Click to view the E-Posters :
<https://www.pcosindia.org/video-gallery.php>

PCOS Quizzes : Grand Finale



PCOS EXCELLENCE AWARDS

GRAND FINALE
SUNDAY, 5TH SEPTEMBER 2021
11 am to 12.30 pm

FINALE CASH PRIZES

1 ₹.1,00,000/- 2 ₹.75,000/- 3 ₹.50,000/-

Three Merit Awards of Rs.5000/- Each

Corporate Sponsor **Inca Life Sciences**

Convenors :- Dr. Duru Shah
Moderator :- Dr. Sabahat Rasool

Convenors:



Dr. Duru Shah



Dr. Sabahat Rasool

The **Grand Finale Quiz** on PCOS was organized by the PCOS Society of India on the **5th of September, 2021** through Docplexus platform with an educational grant from Inca Life Sciences, Sun Pharma. The super-six finalists after the two elimination rounds held earlier were Drs. Chandana Bhat, Nidhi Bhutani, Kavita Gadekar, Aakriti Gupta, Garima Gupta & Mangla Gowri. **Dr Sabahat Rasool was the Quiz-convenor & moderator.**

The Grand Finale started with an introduction of the contestants and rules of the quiz, followed by **President Dr. Duru Shah's message.**

The quiz was split into three rounds. The first round had 5 questions per candidate, followed by visual & rapid-fire rounds. The scores were announced at the end of each round. To break the monotony and for some entertainment in between, there was a movie quiz which everyone, especially the nervous contestants appreciated & cherished!

The Quiz turned out to be a brilliant academic treat. All the contestants did fairly well and after a good couple of hours of grilling, we had our winners! **Dr. Garima Gupta was the winner of the Quiz** and she received a **certificate & cash prize of INR 1, 00,000**. **Drs. Aakriti Gupta & Kavita Gadekar were the first & second runners up** and received a **cash prize of INR 75,000 & 50,000**, respectively. The rest of the contestants received a cash prize of INR 5,000 each. The prize distribution was followed by acknowledgments from the President of the PCOS Society of India, Dr. Duru Shah.



Winners

- ★ **First prize - Garima Gupta - Rs. 1,00,000**
- ★ **Second prize - Aakriti Gupta - Rs. 75,000/-**
- ★ **Third prize - Kavita Gadekar - Rs. 50,000/-**

Special Awardee Prizes to the Super Six Finalists

- ★ **Nidhi Bhutani Sood - Rs. 5000/-**
- ★ **Chandana S. Bhat - Rs. 5000/-**
- ★ **Mangala Gowri - Rs. 5000/-**

Event highlights



Need More Such Events!

Dr. Kavita Dhar
Department of Pharmacology,
Santhosh Medical College, Ghaziabad

Very Interesting event!

Dr. Sita Tejaswi
General Medicine

This was wonderful Dr. Duru! Good Quiz Master and Great Participants. Need More Such Events.

Dr. Kamini Naik
Obstetrician Gynecologist
& Lactation Consultant

Link to view the recordings : <https://www.youtube.com/watch?v=9FZqNpyKBfI>

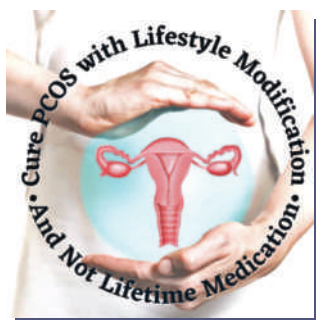
PCOS Connect : Celebrating the International PCOS Awareness Month

1192+ Viewers

Slogan Winners



Sana Parveen Shaikh
Somaiya Vidyavihar University, Mumbai
1st Prize Winner



Shraddha S.
University of Mysore
2nd Prize Winner

Convenors:



Dr. Duru Shah



Ms. Ruby Sound

Internationally **September** month is celebrated as the **PCOS Awareness Month**. On this occasion The PCOS Society -India organized a program on 25th September 2021. The objective of this program was to reach out to thousands of girls and women and educate them about all aspects of PCOS, right from diagnosis to treatment. The program was well **conceived by Dr.Duru Shah** and **Co - convened by Ms. Ruby Sound**. The program was graced by the presence of some eminent personalities. The **Guest of Honours** were **Mrs.Indu Shahani**, Dean, Indian School of Management and Entrepreneurship and **Ms.Namita Thapar**, Executive Director, Emcure Pharmaceuticals. The program received an overwhelming response, wherein more than **2000 beneficiaries** viewed this informative program on Facebook and YouTube. As a part of the PCOS Awareness Program, an online All India contest was conducted in many colleges across India. E-mail entries were invited for 2 categories: Slogan Contest and Video Contest. The Theme for the former was PCOS Patient Awareness and the later was When do I see a Doctor to know if I have PCOS? . An overwhelming response was received with 87 slogan entries and 26 video entries. The names of the winners were announced on the day of the program. Amazon Vouchers worth Rs 10000/- and Rs 5000/- were given as prizes in each category.

Absolutely fabulous program.

- Vikas Gosavi

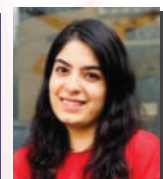
Appreciate the time and effort from the panelists. Very informative

- Dr. Nilesh Upalapwar

An extremely well moderated and enlightening discussion.

- Dr. Ashvin Vaghani

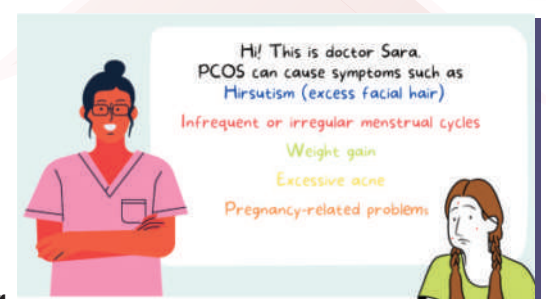
Video Contest Winners



Vashni Kandru
Mount Carmel College Bangalore
1st Prize Winner



Srithi Dalmia
Mount Carmel College Bangalore
2nd Prize Winner



Metformin - Why, When & How
Saturday, 7th August 2021 | 7:00 - 8:30 pm (IST)

EXPERTS

- Dr. Duru Shah, Moderator & Convener, Consultant Gynecologist and Fertility Expert, Founder President, The PCOS Society (India)
- Dr. Mahesh Balsekar, Consultant Pediatrician
- Dr. Sudehna Ray, Gynecologist & Obstetrician
- Dr. Padma Rekha Jirge, IVF Specialist
- Dr. Piya Thakkar Ballani, Consultant Endocrinologist
- Dr. Zeel Shah, Case Presenter, Gynecologist

Supported by USV Pvt. Ltd. Makers of Glycomet S.R.

Registration Link : <https://www.omnicuris.com/oclive/8862>

Very good academic experience, good topics very precise talk.
- Dr. Manisha Gupta

Very informative discussion on Metformin.
- Dr. Shyam Rao

Thanks to Dr. Sudehna for clarifying my doubts
- Dr. Gaouri Kumra

Very useful Practical guide from all speakers
- Dr. R.K Shanthi Gnanuvekar

Extremely useful practical points discussed.
- Dr. Nay LinOo

Thank you PCOS Society and Duru Shah Ma am for the excellent webinar.
- Dr. Mariamma Paul

★★★★★ 4.8 out of 5 rating

Which Gonadotropins should we use in ART for PCOS?
Saturday, 21st August 2021 | 7:00 - 8:30 pm (IST)

EXPERTS

- Dr. Duru Shah, Moderator & Convener, Consultant Gynecologist and Fertility Expert, Founder President, The PCOS Society (India)
- Dr. Payal Bhargava, Moderator & Convener, Member of Managing Committee
- Dr. Neelam Ohri, Fertility Consultant & Gynae Laparoscopic Surgeon
- Dr. Padma Rekha Jirge, IVF Specialist
- Dr. Aishwarya Nupur, MS, Reproductive Medicine Fellowship (Mumbai), Fertility Consultant and Director, IVA IVF
- Dr. Kavya Venkatappa, Consultant & Head, Dept of Reproductive Medicine, NI Fertility

Supported by Inera, NORMOZ, Letrozole

Registration Link : <https://www.omnicuris.com/oclive/10018>

It was a Wonderful session. Thank you PCOS Society!
- Dr. Mariamma Paul

Excellent, enthusiastic, useful information.
- Dr. Meenu Vaish

Thank you so much for the session of today
- Dr. Poonam Gupta

Absolutely fabulous Webinar.
- Dr. Vikas Gosavi

It was a well conducted session
- Dr. Sandeep Jeste

Excellent discussion & presentation, eagerly waiting for upcoming sessions
- Dr. Swati Bajpai

★★★★★ 4.9 out of 5 rating

What is Sleep Apnea? Why do we need to Manage it?
Saturday, 4th September 2021 | 7:00 - 8:30 pm (IST)

EXPERTS

- Dr. Duru Shah, Moderator & Convener, Consultant Gynecologist and Fertility Expert, Founder President, The PCOS Society (India)
- Dr. Lipika Moharana, Moderator & Convener, Chief Consultant Infertility, PCOS, Sexual Medicine, Aarogya Clinics
- Dr. Arpita Priyadarshini, Professor Physiology, Fellow in American Academy of Sleep Medicine, Cleveland Clinic, Ohio
- Dr. Aparna Govil Bhaskar, Bariatric and Laparoscopic Surgeon - Saffee, Apollo Spectra, Namma and Currae Hospital
- Dr. Piya Ballani Thakkar, Consultant Endocrinologist
- Dr. Sujata Kar, Gynecologist, Infertility & PCOS specialist
- Dr. Barsha Sahu, Case Presenter, Gynecologist

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Registration Link : <https://www.omnicuris.com/oclive/10156>

Very interesting and eye opening session Dr.Arputa you are wonderful.
- Dr. Shashi Shrivastava

Congratulations Dr.Arputa for excellent reviews and presentation.
- Dr. Aspi Raimalwala

Very useful for me
- Dr. Veena Shinde

Thank you for a great lecture. I really learnt a lot.
- Dr. Radha Nirmal

Excellent webinar. Always something new to learn. Looking forward to any future webinars
- Dr. Sandeep Jeste

Excellent talk proud be a part of this. Good Moderator.
- Dr. Swati Bajpai

★★★★★ 4.9 out of 5 rating

Does Menopause increase Bone Loss in PCOS Women too?
30th October 2021 | 7:00 - 8:30 pm (IST)

EXPERTS

- Dr. Duru Shah, Moderator & Convener, Consultant Gynecologist and Fertility Expert, Founder President, The PCOS Society (India)
- Dr. Jyothi Unni, Gynecologist
- Dr. Abhay Nene, Spine Surgeon
- Dr. Altamash Shaikh, Endocrinologist
- Dr. Bhavin Jankharia, Radiologist
- Dr. Tvisha Parikh, Consultant Sports Physician

Supported by torrent, Shelcal-HD, Shelcal-XT

Registration Link : <https://www.omnicuris.com/oclive/10931>

Excellent discussion. Really good brain storming session.Thanks a lot.
- Dr. Sadhna Jaiswal

Thank you for such an informative and useful discussion
- Dr. Jayshree Cherabuddi

This was a good discussion, lots of information
- Dr. Beena Gupta

Extremely useful practical points discussed.
- Dr. Veena Shinde

Extremely fabulous webinar, lot of information.
- Dr. Bharat Kumar Rawal

Thanks as always doctors. Always enlightening to have new information.
- Dr. Deepali Kawade

★★★★★ 4.8 out of 5 rating

Scientific Article : Resveratrol in PCOS

Authors:



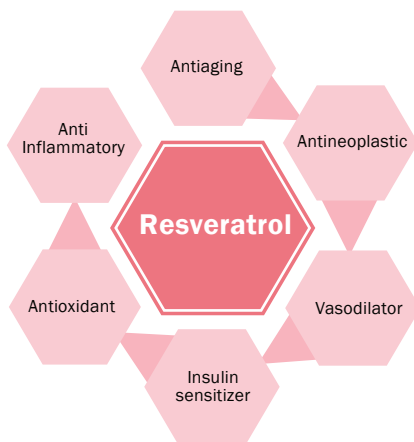
Dr. Manjiri Valsangkar
M.S. (OBGY)
Director & IVF specialist.
Bhide Hospital, Pune



Dr. Mugdha Parasnis
DGO, DNB (Ob-Gyn)
Head of Dept - IVF/ART,
KEM hospital, Pune

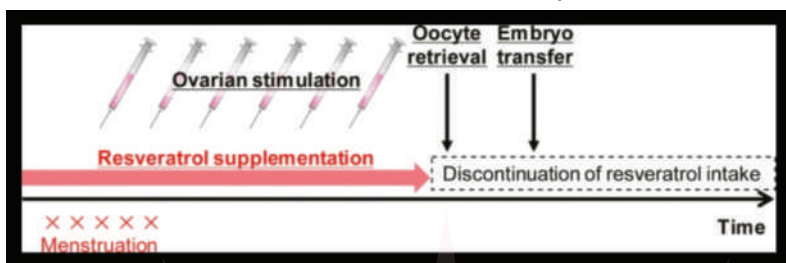
Resveratrol is a natural phenolic compound (trans-3-5-4-O trihydroxy stilbene) found in foods such as plants, grapes, nuts, cranberries, red wine etc. **It has beneficial properties such as antiaging, antioxidant, anti-inflammatory, insulin sensitizer, vasodilator and possibly some antineoplastic properties too.** There are various trials of resveratrol in diseases such as obesity, DM, hypertension and malignancies. Recently there have been studies about the role of Resveratrol in PCOS. PCOS is the commonest endocrine metabolic disorder affecting around 8-12 % of women between 15-45 yrs. of age. It is characterised by triad of hyperandrogenism, hyperinsulinemia, anovulation and polycystic ovaries on sonography as per Rotterdam s criteria. Although as of now there is limited literature available on the use of Resveratrol in PCOS, we shall try and understand its role to alleviate endocrine and metabolic disorders and its potential use in PCOS.

Effects of Resveratrol



Resveratrol in IVF/IVM

There are studies of adding resveratrol to culture media for IVF/IVM with direct effect on oocyte quality. **It is postulated to prevent postovulatory oocyte aging in mice studies. This is because of the antiROS effect and improvement in the mitochondrial function.** Available data on IVM is limited and has future scope of research.



Clinical studies on Resveratrol

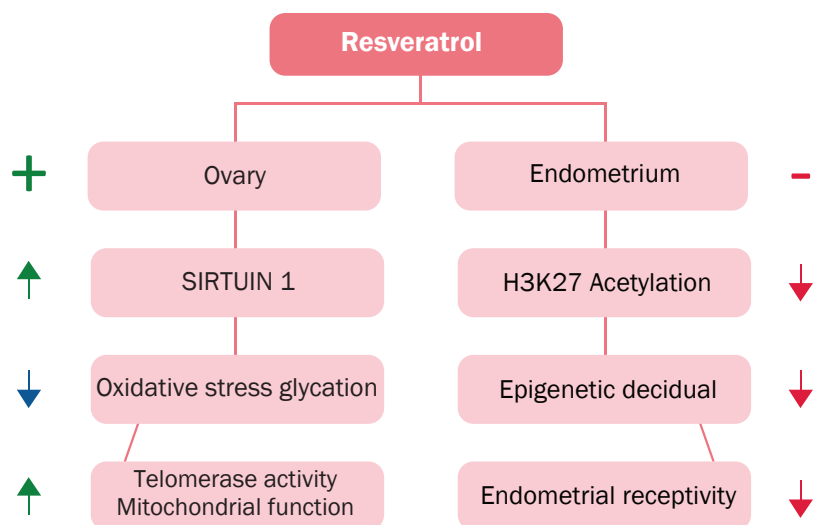
1. Effects of resveratrol on PCOS : a double blind RCT was designed to evaluate the endocrine and metabolic effects of resveratrol on PCOS. It was a double-blind trial for 3 months and evaluations were done after 3 months to look for a change in serum testosterone levels in diagnosed PCOS patients. **Results showed that resveratrol supplementation for 3 months significantly reduced Total T by 23% , 22.2% decrease in DHEAS, 31.8 % fasting insulin and increased Insulin Sensitivity Index by 66.3%.** (*J. Clin EndocriMetab* 4322:4328 2016)
2. Effect of resveratrol and metformin on ovarian reserve and ultrastructure in PCOS : an experimental study (*SelenayFuratRençber*) proved that **both drugs combined improved endocrine and metabolic profile of PCOS.**
3. Effects of Resveratrol on the ovary: It presents insights into the mechanisms of action, biological effects, and current evidence of actions of resveratrol on the ovary. In vitro, resveratrol inhibits proliferation and androgen production by theca-interstitial cells. Resveratrol also exerts a cytostatic, but not cytotoxic effect on granulosa cells, while decreasing aromatization and vascular endothelial growth factor expression. In vivo, resveratrol treatment reduced the size of adipocytes and improved estrus cyclicity in the previously acyclic rat model of polycystic ovary syndrome (PCOS)

Future perspectives:

Further studies are needed to establish optimal doses and periods of resveratrol intake whilst preventing adverse effects on implantation, subsequent pregnancy and foetus with respect to teratogenicity.

Mechanism of action of Resveratrol on reproductive system

Resveratrol has a positive effect on ovarian function in PCOS and an inhibitory action on the endometrium in PCOS.



It shows antiproliferative effect on thecal hyperplasia, it also shows suppression of 17- α hydroxylase thereby reducing circulating androgens. Long term supplementation increases secondary antral follicles and reduces Graafian follicles through anti-inflammatory action. It up regulates sirtuin 1 receptors thereby causing a decrease in the AGE (Advanced glycation end products) **Randomised clinical trials in PCOS women have shown that 1.5 g/day dose decreases total testosterone, DHEAS, Fasting Insulin levels and increases Insulin Sensitivity.**

From Preconception Pregnancy to Lactation,

Shelcal-XT

Calcium carbonate 1250 mg, Vitamin D₃ 2000 IU, Methylcobalamin 1500 mcg,
L-Methyl folate 1000 mcg, Pyridoxal 5 Phosphate 20 mg



The High Potency Calcium with Extraordinary Power of Vitamin D₃ & Active Form of Vitamins

In PCOS Patients,

L-Carnitine in the Purest Form

CARNISURE-500

L-Carnitine 500 mg Tablets

The Metabolic Energizer

In Pcos Management,



Efficiency in Deficiency with Better Patient Compliance



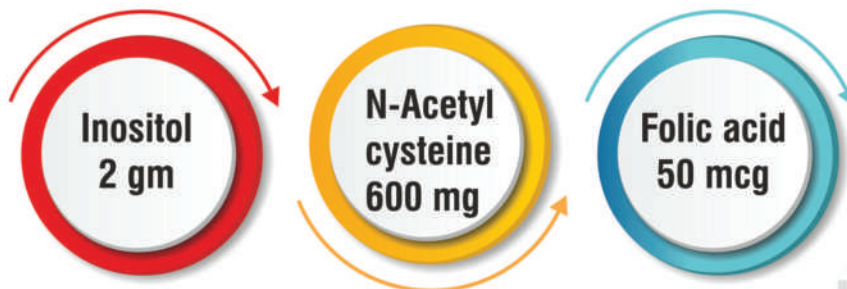
In infertility related to PCOS*

Introducing

NORMOZ PLUS

Inositol 2 gm, N-Acetyl cysteine 600 mg, Folic Acid 50 mcg

Alleviates Hyperandrogenism... Restores Fertility



Helps

- Improve HPO axis functioning^{2,3,4}
- Reduce hyperandrogenism^{2,3,4,8}
- Reduce insulin resistance^{2,3,4,5,6,7}
- Improve oocyte & embryo quality^{2,3,4,9}
- Improve ovarian function in PCOS patients¹



For the use of a registered medical practitioner or a hospital or a laboratory only.

1. Hindawi Publishing Corporation Obstetrics and Gynecology International Volume 2014, Article ID 141020, 5 pages 2. Gynecological Endocrinology, March 2008, 24(3): 139-144. 3. European Review for Medical and Pharmacological Sciences 2007; 11: 347-354 4. Gynecological Endocrinology, December 2007; 23(12): 700-703 5. EL-Gharib. Reprod Med Int 2018, 1:003 Volume 1 | Issue 1 6. Eur J Endocrinol 2004 Oct; 151(4):463-9 7. Obstetrics and Gynecology International Volume 2014, Article ID 141020, 5 pages 8. Mostafajeran, et al Adv Biomed Res 2018;7:100 9. Reprod Fertl Dev. 2016 Apr;28(8):723-31. * As a nutritional supplement

