



...The Newsletter of The PCOS Society, India

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Welcoming....

Our New Patrons



Dr. Alankar Tiwari
Gynaecologist



Dr. Nandita Thakkar
Gynaecologist



Dr. Priya Kanappa Rajendran
Gynaecologist



Dr. Seema Sharma
Gynaecologist



Dr. Vijayalakshmi
Gynaecologist



Dr. Chitra Selvan
Endocrinologist



Dr. Smitha Athota
Gynaecologist



Dr. Rakhi Singh
Gynaecologist

Our New Life Members

Dr. Asha Neravi
Dr. Divita Bhuraria
Dr. Deepali Prabhat
Dr. Krushna Borkar
Dr. Maheshwari K S
Dr. Sandip Sonawane
Dr. Sravani Chithra
Dr. Sayeeda Ansari
Dr. Neeta Gawale
Dr. Pragyan Dash
Dr. C Oviya Arunkumar
Dr. Priti Roy
Dr. Monna Pandurangi
Dr. Disha Sambhrant
Dr. Prashant Salvi
Dr. Kranti Kulkarni

Gynaecologist : Dr. Shweta Verma
Gynaecologist : Dr. Tejal Lathia
Gynaecologist : Dr. Ganga Lokapoor
Gynaecologist : Dr. Soubhagya Bhat
Gynaecologist : Dr. Ashwini Nimje
Gynaecologist : Dr. Deepa Patharde
Gynaecologist : Dr. Chitra
Gynaecologist : Dr. Soorya
Gynaecologist : Dr. Shahnaz Taing
Gynaecologist : Dr. Aeshika Jobson
Gynaecologist : Dr. Uma Vaidyanathan
Gynaecologist : Dr. Pradeep Acharya
Gynaecologist : Dr. Jyoti Modi
Gynaecologist : Dr. Bhushan Sali
Gynaecologist : Dr. Priyanka Sinha
Gynaecologist : Dr. Poornima Vanni

Our New Associate Members

Gynaecologist : Dr. Aarti Sharma
Gynaecologist : Ms. Priyanka Bhodia Mehta
Gynaecologist : Ms. Nimisha Khatau
Gynaecologist : Ms. Sharda Agarwal
Gynaecologist : Ms. Baljeetkaur Ramsinghani
Gynaecologist : Ms. Uddita Tyagi
Gynaecologist : Dr. Sheetal Mudgal
Gynaecologist : Dr. Reema Vartak
Gynaecologist : Dr. Mamta Tiwari
Gynaecologist : Ms. Yaongamphi Vashum
Gynaecologist : Ms. Kalaiarasi Sivaji
Gynaecologist : Ms. Kaleeswari G
Gynaecologist : Ms. Afsanabanu Desai
Gynaecologist :
General Physician :
Nutritionist :
Nutritionist :
Nutritionist :
Nutritionist :
Nutritionist :
Ayurvedic Doctor :
Ayurvedic Gynaecologist :
Biochemist :
Bioengineer :
Nurse :
MSW :

Lets get Quizzing!



Calling all PCOS experts! Are you ready to put your knowledge to the test? Take on our challenging quiz on Polycystic Ovary Syndrome (PCOS) and showcase your expertise in this common hormonal disorder that affects women of all ages.

Stay at the forefront of the latest developments in PCOS diagnosis and treatment by participating in our quiz. Challenge yourself and your colleagues to see who truly knows the ins and outs of managing PCOS effectively.

Don't miss this opportunity to demonstrate your mastery of PCOS and solidify your reputation as a leading expert in the field. Show us what you've got and claim the title of PCOS quiz champion among your peers!

How to take the Quiz: Click the link or scan the QR code to start the challenge. Get the self assessment scores and answers at the end of the quiz. Happy quizzing!

Created by Dr. Riddhi Desai



<https://www.surveymonkey.com/r/QQ7YYM5>

9th Annual Conference

in collaboration with

**The Androgen Excess and PCOS Society
& The Mumbai Obstetric and Gynaecological Society**

21st to 23rd June, 2024, Mumbai

PCOS: An Old Story, With New Tales



Free
Communications
accepted

Meet Our International Experts



Prof. Joop Laven
President of the AE-PCOS
Society - Netherlands



Dr. Anuja Dokras
Founder's Professor of Women's Health at
University of Pennsylvania (PENN) - USA



Dr. Robert Norman
Emeritus Professor Reproductive and
Periconceptual Health - Adelaide,
South Australia

Editorial



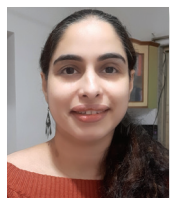
Dr. Riddhi Desai

Co editor, Pandora

West zone coordinator, FOGSI Endoscopy committee

Managing committee member, MOGS

Youth Brigade member, The PCOS Society of India



Dr. Zoish Patel

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Dr. Piya Ballani Thakkar

Dr. Madhuri Patil

Dr. Uday Thanawala

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Dr. Shobhana Patted

Dr. Sudhaa Sharma

Dr. Sujata Kar

Chair of Youth Brigade

Dr. Nagadeepti Naik

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This issue has been designed by P. Vel Kumar



Dr. Duru Shah

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

Director, Gynaecworld

The Center for Women's Health & Fertility, Mumbai

Founder President, The PCOS Society, India

Chief Editor, Pandora

Dear Friends,

Welcome to the 1st issue of the Pandora for the year 2024, being the 25th issue since our birth in 2015, we truly have been consistent! We have entered the New Year galloping through various cities in India, highlighting the latest PCOS Guidelines 2023! reaching out to physicians all over the country. We have done so in various ways:

- Physically through **E3 Seminars**
- Virtually through our **“Dialogue and Directions”**
- In print through a full deck of PPT slides on the **2023 PCOS Guidelines**.

The response has been tremendous and the satisfaction of delivery of best practices on PCOS has been immense! I thank all our Convenors who have led these events in their cities and our collaborator Torrent Pharma who have supported these events through their generous sponsorships. Reports on our **E3 Seminars** are listed in this issue and with gratitude, we present to you all our Convenors.

We have been fortunate to have with us some of the international stalwarts who have been involved in the making of the guidelines through an interactive video interview done by me with them. We have 5 such episodes entitled **“Dialogues and Directions”** which will let you know the changes made in the current Guidelines after 2018 and the time and dedication required to create them by hundreds of workers who may be on the screen and behind the screen! Here is the link for viewing: https://pcosindia.org/dialogues_direction.php

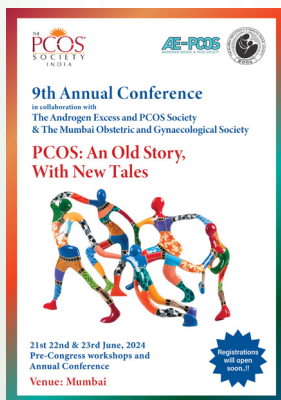
The ppt slide deck has been created by Prof. Helena Teede and her team at Monash University as a ready reckoner to refer to whilst treating PCOS women, in lieu of the 250 pages of the complete Guidelines document, which has been uploaded on our website <https://www.pcosindia.org/publication.php>

Our outreach program **“Vijayeta”** has been progressing city by city reaching out to women, creating awareness on PCOS, and assessing how many could be having PCOS. We are creating the same awareness on Social Media and we encourage you to have a look at our posts and reels, like them, and share them with all the women you know. Let's create a vibration that then turns into ripples to involve all in our country! I thank Philips (India) for supporting the program through the entire year.

This will be the beginning of reducing the risk of Diabetes and Obesity in our people including women, men, and their children who are prone to these metabolic derangements, in the years to come.

We now look forward to our Annual Conference in collaboration with the International **“Androgen and Excess and PCOS Society (AE-PCOS)”** and the **“Mumbai Obstetric and Gynecological Society”** on **21st, 22nd, and 23rd June 2024 to be held in Mumbai. Please go through the detailed program on Pg 6&7**

I am deeply grateful and would like to acknowledge our entire team of Members who have made all this possible, without their support it would just not be possible to carry out such a tremendous task!




Dr. Duru Shah

Chief Editor, Pandora

Founder President, The PCOS Society



E3 Seminars

EVIDENCE, EXPERIENCE AND EXCELLENCE



Thanjavur, Hotel Sangam
Sunday, 29th Oct, 2023

Convenor
Dr. Charmila Ayyavoo





Srinagar, Taj Vivanta
Sunday, 5th Nov, 2023

Convenor
Dr. Sabahat Rasool

SUNDAY, 5TH NOVEMBER, 2023










Belagavi, Hotel Fairfield Marriott
Sunday, 5th Nov, 2023

Convenor
Dr. Shobhana Patted



Feedbacks

The level of academics was extremely high and rich, replete with International Guidelines. A good learning experience with many of the queries answered and confusion on certain topics cleared. The concept of a discussion session most appreciated where ample time was given to delegates to clear their doubts and an opportunity to interact with the faculty.

Well-chosen topics, extremely interactive discussions, delicious food & fabulous ambience.

Learned so many updates and experienced great interaction among seniors and juniors. Updates shared in PCOS forum are useful in many ways. It was a highly motivating event.

Academic bonanza par excellence! Executed to perfection & well attended. Hats off to the organising team!

Very well planned academic PCOS day. All aspects were discussed under one roof by experts.





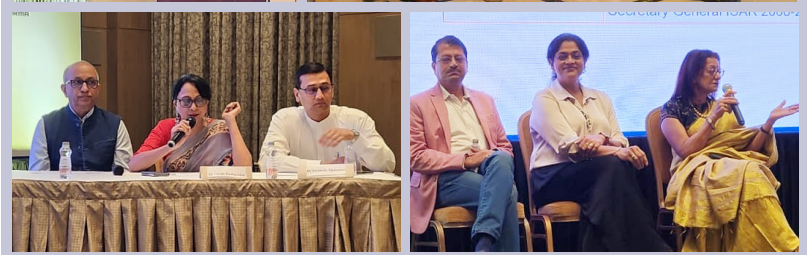
**Bhubaneswar,
Mayfair Lagoon (Orchid Hall)
Sunday, 26th Nov, 2023**

Convenor
Dr. Sujata Kar



**Thane, Satkar Residency
Sunday, 3rd Dec, 2023**

Convenor
Dr. Sandhya Saharan



**Kochi, Holiday Inn
Sunday, 21st Jan, 2024**

Convenor
Dr. Fessy Louis T



**Dehradun, Hyatt Centric
Sunday, 18th Feb, 2024**

Convenor
Dr. Aakriti Gupta



Convenor List for E3 Seminars

- Dr. Padma Rekha Jirge, Kolhapur
- Dr. Gauri Karandikar, Nashik
- Dr. Charmila Ayyavoo, Thanjavur
- Dr. Sujata Kar & Dr. Lipika Moharana, Bhubhaneshwar
- Dr. Sabahat Rasool, Srinagar
- Dr. Shobhana Patted, Belgaum
- Dr. Sandhya Saharan, Thane
- Dr. Fessy Louis, Kochi
- Dr. Aakriti Gupta, Dehradun

} Report Published in the previous Issue

The International 9th Annual Conference PCOS: An Old Story, With New Tales

Organized by the PCOS Society of India in collaboration with AEPCOS & MOGS

09.30 am to 06.00pm Pre-congress Workshops: Friday 21st, 22nd and 23rd June 2024

Workshop I: Managing Obesity in PCOS: the greatest wealth

Join us for this engrossing Workshop to help you solve all your queries regarding the ideal nutrition and exercise strategies for girls & women with PCOS. Learn from the experts on how to guide them better and optimise treatment outcomes. At every life stage of a PCOS patient, the first intervention step is lifestyle change. We bring forth to you the facts, the myths and all the handy tips you would love to know! The Workshop will also throw light on common dermatological concerns and their effective management. Weight gain and cosmetic issues are the common causes of mental health issues, which have gained recent attention in PCOS women. Learn from the experts on how you can assist your PCOS patients steer through their psychological issues and live better quality lives.

09.30 – 11.00am Panel Discussion I Nutrition for better health.

Some of the areas to be discussed:

- What are the daily Nutritional Requirements for girls and women?
- How do we adjust Nutritional Requirements in PCOS girls and women during different life stages?
- Does the method of cooking, eating Organic food, packaged food, dehydrated food etc. affect nutrition?
- You are what you eat: What is the correct diet for PCOS women?
- Intermittent Fasting: Myth or Reality?
- Cravings are mere thoughts: Can Behavioural modifications help?
- Do Nutraceuticals or natural herbal therapies help?
- Medications to lose appetite: Do they affect Nutrition?

Moderator: • Gynaecologist

Experts: • Nutritionist • Endocrinologist • General Physician
• Gynaecologist

11.00 – 11.30am Demonstration & discussion of healthy recipes for PCOS women.

11.30 – 01.00pm Workshop I

Panel Discussion 2: Fitness and Exercise for better health

Some of the areas to be discussed:

- Obesity in Asian women: Is it different?
- How do we assess visceral fat?
- Biometric Report- how do we interpret it?
- Loading the Exercise gun against Obesity.
- What is the ideal exercise recommended in Lean PCOS?
- Does Yoga therapy help in PCOS?
- Obesity happens one pound at a time: What is the right time & place to exercise?
- How do we prevent injuries?
- When do we need a physiotherapist?
- Medications to lose weight

Moderator: • Gynaecologist

Experts: • Gynaecologist • Endocrinologist • Bariatric Surgeon
• Physiotherapist • Cardiologist

01.00 – 01.30 pm Demonstration of Exercises for PCOS Women

- Cardio
- Pilates
- Strength Training
- Yoga
- Resistance Training
- Whilst at work

Lunch: 01.30 – 02.30pm

02.30 – 04.00pm Workshop I

Panel Discussion 3: The Skin in PCOS: Telling Tales

Some of the areas to be discussed:

- Acne
- Alopecia
- Hirsutism
- Skin Tags
- Acanthosis Nigricans / Pigmentation
- Obesity

Moderator: • Gynaecologist

Experts: • Dermatologist • Endocrinologist • Cosmetologist
• Gynaecologist • Cosmetic Surgeon

04.00 – 04.30pm Demonstration of various cosmetic techniques

04.30 – 05.45 pm Workshop I

Panel Discussion 4: Mental Health in PCOS – the silent Struggle

Some of the areas to be discussed:

- Depression
- Eating Disorders
- Anxiety
- Stress
- Sleeping Disorders

Moderator: • Gynaecologist

Experts: • Psychiatrist • Psychologist • Neurologist
• Sleep Apnoea expert • Gynaecologist

05.45 – 06.00pm Take Home Messages

Friday 21st, June 2024 Hall B

09.30 – 06.00pm Workshop II

PCOS & Infertility: Practical Management for Optimum Success

This workshop aims at introducing the basics of Fertility Management in PCOS women. Along with decoding the basic essentials, we will also delve into the science behind all interventions along with evidence-backed information. After a short case presentation by the speakers on an important practical topic on various issues related to Infertility and PCOS, all your queries will be addressed by both International and National Experts, during the extravagant time available for discussions. By the end of this informative Workshop, you will be well-acquainted to manage and treat your infertile PCOS patients

09.30 – 10.30am Session I: The fundamentals of PCOS

Case Presentation & Discussion

09.30 – 09.50am What's new in the Guidelines 2023

09.50 – 10.10am Obesity, PCOS and Fertility

10.10 – 10.30am Pre-treatment in an IVF cycle

10.30 – 11.30am Session 2: Controlled Ovarian Stimulation in PCOS

Case Presentation & Discussion

10.30 – 10.50am Ovarian stimulation protocols: for the high,
and the Resistant Responder

10.50 – 11.10am Monitoring a COS cycle in PCOS

11.10 – 11.30am Preventing complications

11.30 – 12.30pm Session 3: Intra Uterine Insemination

Case Presentation & Discussion

11.30 – 11.50am Only Oral ovulogens or Gonadotropins for IUI cycles

11.50 – 12.10pm Final Shot: which trigger is best?

12.10 – 12.30pm All about IUI techniques: Inside out

12.30 – 01.30pm Session 4: Semen and Sperm

Case Presentation & Discussion

12.30 – 12.50pm Getting a grasp on interpreting the Semen report

12.50 – 01.10pm Semen wash - Protocols

01.10 – 01.30pm Inability to obtain a sperm sample

Lunch: 01.30 – 02.30pm

02.30 – 03.30pm Session 5: PCOS: Frozen Cycles

Case Presentation & Discussion

02.30 – 02.50pm “Freeze all” embryos – Are we skating on thin ice?

02.50 – 03.10pm Endometrial preparation for Frozen Thaw cycles: which one is the best?

03.10 – 3.30pm Frozen v/s Fresh cycles: Head-to-head comparison, is it possible?

03.30 – 04.30pm Session 6: The Frozen Cycle - Luteal phase support

03.30 – 03.50pm Luteal Support - Can we be on the same page?

03.50 – 04.10pm Routes and doses of Luteal Support
Are they evidence based?

04.10 – 04.30pm Adjuvants for optimizing the endometrium-
Still up in the air?

04.30 – 05:45pm Session 7: Panel Discussion

04.30 – 05.30pm: Panel Discussion: What else can we do in ART, exploring newer possibilities:

- Faster, cheaper Ovulation Induction
- Pre-implantation Genetic evaluation of embryos
- Newer drugs
- Personalized Embryo Transfer
- Stem cell therapy and PRP etc.

05.45 – 06.00pm Overview of Workshop and Take-home messages by the Convenors

High Tea: 06.00 – 06.30pm

CONFERENCE: DAY 1

Saturday 22nd, June 2024

09.30 – 11.00am Session I. PCOS and Pregnancy: the rough road

09.30 – 09. 50am Recurrent Miscarriages: how do we prevent them?

09.50 – 10.10am What are the newer innovations in Glucose monitoring?

10.10 – 10.30am How does hypothyroidism impact pregnancy?

10.30 – 11.00am Discussion

Coffee Break: 11.00 – 11.30am

Session II: Keynote Address: Do PCOS mothers create PCOS babies? Breeding Male PCOS phenotypes: Dr Rob Norman

12.00 – 01.30pm Session III: Assessing Hormones in PCOS

12.00 – 12.20pm Barren & Bearding - Which Androgens should we measure?

12.20 – 12.40pm Women with very high AMH- should we celebrate?

12.40 – 01.00pm Progesterone levels in treatment and non- treatment cycles should we measure?

01.00 – 01.30pm Discussion

Lunch: 01.30 – 02.30 pm

02.30 – 03.30pm Session IV: The Silver lining in PCOS

Debate 1

02.30 – 02.50 pm PCOS women make the best egg donors

- For
- Against

Debate 2

02.50 – 03.10pm PCOS women make the best Sportswomen

- Yes
- No

Oral Communications & Posters are being accepted. Kindly visit www.pcosindia.org for further details.

Debate 3

03.10 – 03.30pm TBA

03.30 – 04.00pm Session V: Keynote Address

New insights into Reproductive Ageing: Joop Laven

04.00 – 5.30pm Session VI: The art of ART in PCOS

04.00 – 04.20pm Is there an ideal protocol and dosing regime of Gonadotropins in PCOS ?

04.20 – 04.40pm Is Endometrial Receptivity affected in PCOS ?

04.40 – 05.00pm What are the different roles which GnRh agonists can play in an ART cycle?

05.00 – 05.30pm Discussion

05.30 - 06.30pm Session VII: Panel Discussion: Value of Oral Contraceptive Pills one pill, many advantages!

Experts: • Gynaecologist x 2 • Cardiologist • Haematologist
• Fertility Expert

Sunday 23rd, June, 2024

08.00 – 09.00am Session VIII: Round Tables with Breakfast

09.00 – 10.30am Session IX: PCOS beyond Menopause

09.00 – 09.20am Does PCOS impact bone strength and sports performance?

09.20 – 09.40am Which HRT is ideal in PCOS women?

09.40 – 10.00am Metformin beyond IR: What is its role in Endometrial hyperplasia?

10.00 – 10.30am Discussion

10.30 – 11.00am Session X: Keynote Address

Does PCOS increase Cardiovascular risk?: Anuja Dokras

Coffee Break: 11.00 – 11.30am

11.30 – 12.00am Session XI : Keynote Address

Man, Machine & Magic... the Era of AI in ART: Duru Shah

12.00 – 01.30pm Session XII: Promising therapies in PCOS

12.00 – 12.20pm Do Statins help hyperandrogenic women?

12.20 – 12.40pm Do Glucagon-like Peptide- 1 (GLP-1)
Agonists help in controlling obesity?

12.40 – 01.00pm Do Prebiotics and Probiotics assist the
Gut and Vaginal -Microbiome ?

01.00 – 01.30pm Discussion

Lunch: 01.30 – 02.30pm

02.30 – 04.00pm Session XIII: Emerging Evidence: improving reproductive outcomes?

02.30 – 02.45pm Omega 3 fatty acids and Vitamin D

02.45 – 03.00pm Inositols: The myth, the Experience and the Evidence

03.00 – 03.15pm Anti-oxidants in PCOS: Are they a smoke screen ?

03.15 – 03.45pm TBA

03.45 – 04.00pm Discussion

04.00 – 05.00pm Session XIV: Quiz by the Youth Brigade

Tea / Coffee: 05.15 pm

Meetings and Social Events

Friday 21st June, 2024

06.30 – 07.30pm General Body Meeting

08.30 – 10.00pm Banquet (by Invitation only)

Saturday 22nd June, 2024

07.30pm – 09.00pm Opening Ceremony

09.00pm onwards Cocktails and Dinner

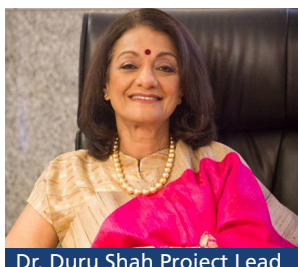
Sunday 23rd June, 2024

05.00pm Valedictory

Kindly scan the below QR code for Registration



Vijayeta Reaching out to the unreached



Dr. Duru Shah Project Lead



Dr. Priyanka Gawai Project Coordinator



Sneha Choksi, Project Accountant

“Vijayeta” is the outreach program of the PCOS Society of India, which was initiated in March’23. It has been a full year of reaching out to women in Corporates, Banks, Colleges, and various organizations **through more than 100 members of our Society who have volunteered for this noble cause!** Please go through our acknowledgment page to view our volunteer list.

We have reached out to thousands of women through 100 physical & virtual sessions! It has been a true eye-opener, as the assessment of these women raises a suspicion that approximately **25% of them may have PCOS!**

We also celebrated the International PCOS Month in a very unique way! Besides these educational sessions, we have been very active on Social Media through our various channels. Please check them out and share them with all your patients!

Our jingles on Radio Mirchi have been very popular and we are marching ahead this year, April 2024-March 2025 with an even bigger bang!

If you are a member of the PCOS Society of India, do join us and take part in our National Program of Public Awareness!



Dr. Anyana Rangaswamy, BMS Law College, Gurgaon



Dr. Kaustubh Kulkarni, Thakur College, Kandivali

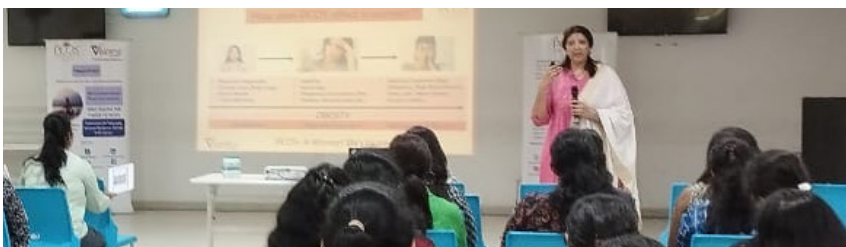


Dr. UdayThanawalla, IDFC Bank, Navi Mumbai



Dr. Chandrika Anand, St. Anne’s College, Bangalore

Supported by **torrent PHARMA**



Dr. Nagadeepti Naik, IDFC Bank Airoli

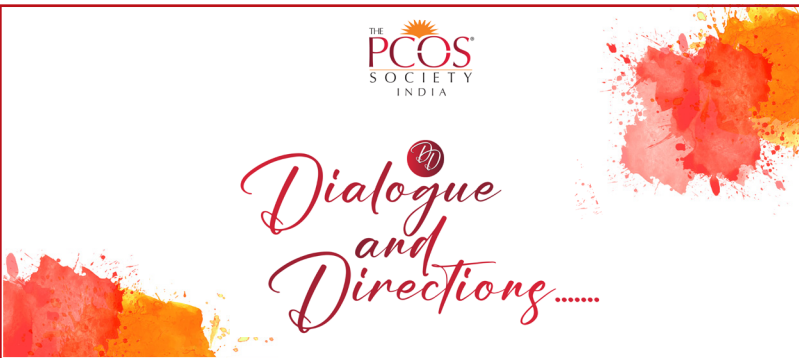
Our Vijayeta Champions

- Dr. Duru Shah
- Ms. Ruby Sound
- Dr. Shobhana
- Dr. Lalita Mayadeo
- Dr. Padma Rekha
- Dr. Madhuri Patil
- Dr. Rachna Sampat Kumar
- Dr. Sapna Bangar
- Dr. Tvisha Parikh
- Dr. Priyanka Vora
- Dr. Uday Thanawala
- Dr. Kaustubh Kulkarni
- Dr. Kranti Phadnis
- Dr. Anjali Munge
- Dr. Rachna Sharma
- Dr. Nandini RamBabu
- Dr. Mirudhubashini Govindarajan
- Dr. Ramya Jayaram
- Dr. T. R. Sindhuri
- Dr. Abineya
- Dr. Nagadeepti Naik
- Dr. Ashima Malik
- Dr. Manjiri Valsangkar

- Dr. Ankesh Sahetya
- Dr. Sandhya Saharan
- Priti Chawla
- Dr. Priya Kannappan
- Dr. Anklesh Sahetya
- Dr. Samidha Dalvi
- Dr. Chandrika Anand
- Dr. Akriti Mehra
- Dr. Ashish Contrator
- Dr. Piya Balani
- Dr. Sudheshna Ray
- Ms. Shilpa Joshi
- Dr. Raja Ilava
- Dr. Vidhyalakshmi S.
- Dr. Anita Soni
- Dr. Sushma Bhutada
- Dr. Gauri Karandikar
- Dr. Rucha Sule Khot
- Dr. Teja Kulkarni
- Dr. Anisha Agarwal
- Dr. Kunjal Bathija
- Dr. Sushma Bhutada
- Dr. Anyana Rangaswamy

- Dr. Priya Kannappan
- Dr. Geetha Ramachandran
- Dr. Ankesh Sahetya
- Dr. Reeta Darbari
- Dr. Bharati Morey
- Dr. Kinjal Shah
- Dr. Riddhi Desai
- Dr. Visheshya Yadav
- Dr. Anyana R
- Dr. Reeta Darbari
- Ms. Ramya
- Ms. Prutha Handigol
- Ms. Nayana
- Dr. Siddharth Gosavi
- Dr. Sumeetkaur Mehta
- Dr. Sanjay Kadam
- Dr. Kavish Mehta
- Dr. Ashutosh Sonawane
- Dr. Sanajana Laxmikanth
- Dr. Yukti Wadhawan
- Dr. Nilofer Poonawala
- Dr. Shakuntala Kumar

Dialogue & Directions - Dr Duru Shah



“Dialogue & Directions” is a series of Video Interviews with some of the International Experts who led the making of the International PCOS Guidelines 2023. Dialogue & Directions is a conversation between Prof Duru Shah and them discussing the directions given by the Guidelines.

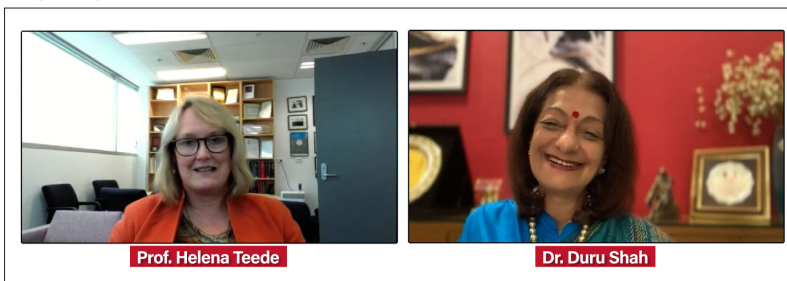
Program Details:

1. General overview and hot topics highlights – Prof Helena Teede
2. Changes in the diagnostic algorithm – Prof Joop Laven
3. AMH as a diagnostic factor – Prof Rob Norman
4. The fertility aspects – Prof Michael Costello
5. Mental health and wellness – Prof Anuja Dokras

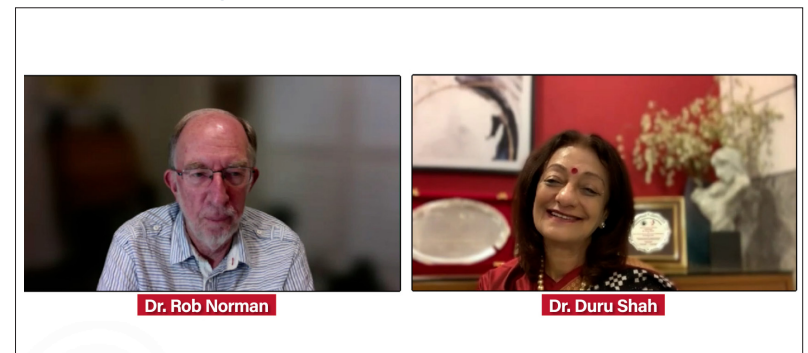
Do watch the videos & learn more about the Guidelines from the Experts!

View recordings on: https://pcosindia.org/dialogues_direction.php

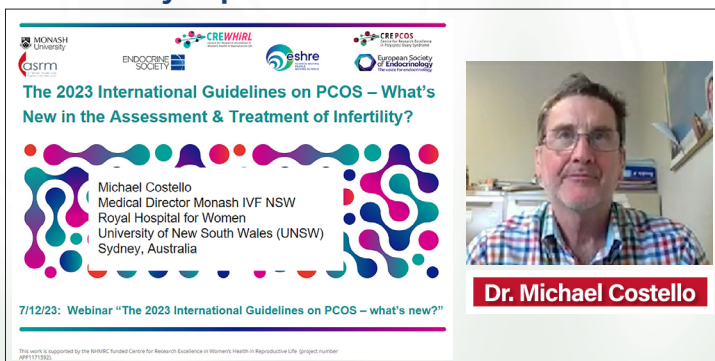
General overview and hot topics highlights – Prof Helena Teede



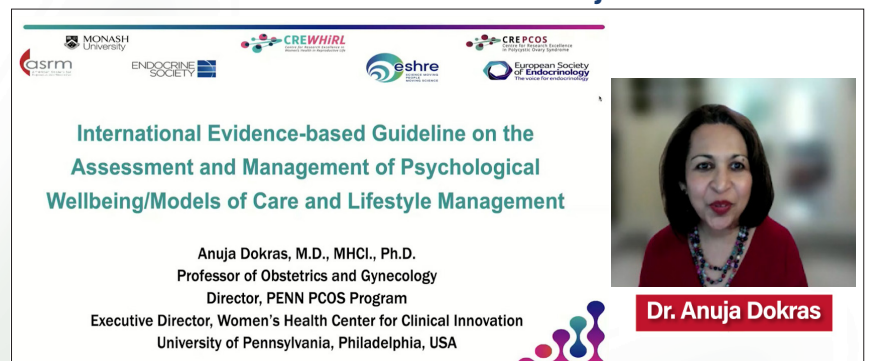
Changes in the diagnostic algorithm – Prof Joop Laven AMH as a diagnostic factor – Prof Rob Norman



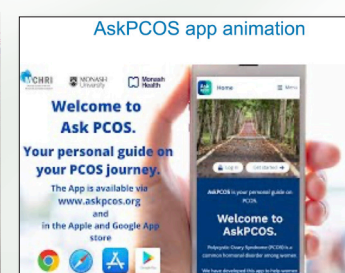
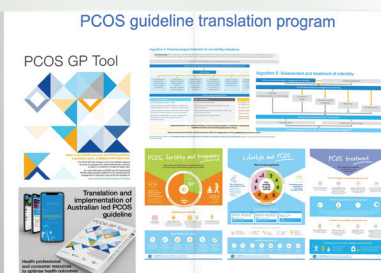
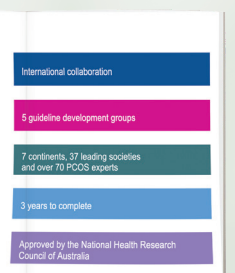
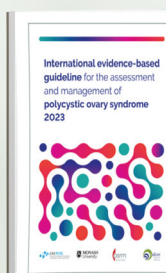
The fertility aspects – Prof Michael Costello



Mental health and wellness – Prof Anuja Dokras



International PCOS Guidelines 2023 (in print)



W3 webinars



WHAT WHEN WHY

What is the profile of hypertensive disorders in pregnancy and PCOS?

27th December 2023 | 6:00 - 7:30 pm (IST)



2.0
Interactive Discussions on PCOS



Dr. Duru Shah
Founder President
The PCOS Society (India)
MD, FRCOG (Gon), FRCOG, FICS, FCP, FRCMCH, DGO, DFP
Convener



Dr. Charmila Ayyavoo
Vice President, FRCOG
MD, DGO, DFP, FRCOG, PGDGR
Moderator



Dr. Mital Nampothiri
MD, DGO, Dept of O&G, Metro Hospital, Kumbhanga, Kerala
MD (OG)
Expert



Dr. Vignesh Vasudevan
Consultant Critical Care Medicine, Apollo Specialty Hospital, Thiruv
MBBS, DNB ANESTHESIOLOGY, DCCM, FNB Critical care medicine, FRCM, EDIC
Expert




Dr. K. Sampathkumar
Senior Consultant, Nephrologist, Manipal Mission Hospital, Madurai
MD, DM, FRCP, FASN, FSN
Expert



Dr. Aakriti Gupta
Infertility Specialist & IVF Package, Shri Mahesh Institute Hospital, Dehradun
MBBS, MD (OBGYN), FRCMRCOG-1 (London)
Co-ordinator

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WHAT WHEN WHY

How does the glycaemic profile get altered in PCOS and pregnancy?

13th January 2024 | 6:00 - 7:30 pm (IST)



2.0
Interactive Discussions on PCOS




Dr. Duru Shah
Founder President
The PCOS Society (India)
MD, FRCOG (Gon), FRCOG, FICS, FCP, FRCMCH, DGO, DFP
Convener




Dr. Chandrika Anand
Chief consultant at Fortis Hospitals, Newshere, Bangalore
MD, DNB
Moderator



Dr. Gorakh Mandrupkar
Vice President, Gestosis India Association
DGO, FCS, FRCOG, MSc
Expert



Dr. Swati Rameek Jadhav
Consultant Endocrinologist, Trust Well Hospital, Bangalore
MD, DM Endo.
Expert





Dr. Maneesha P H
Consultant Neonatologist, Orem Women & Child Speciality Hospital
DNB Paeds., Fellowship in Neonatology
Expert



Dr. Nagadeepti Nalk
Consulting Reproductive Medicine Specialist, INDIRA IVE, Navi Mumbai
MS, DNB (OBGYN)
Co-ordinator

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WHAT WHEN WHY

How is metabolic syndrome managed in perimenopausal women and PCOS?

10th February 2024 | 6:00 - 7:30 pm (IST)



2.0
Interactive Discussions on PCOS



Dr. Duru Shah
Founder President
The PCOS Society (India)
MD, FRCOG (Gon), FRCOG, FICS, FCP, FRCMCH, DGO, DFP
Convener



Dr. Sudhaa Sharma
Consultant, Madhav Hospital & Research Center, Former Prof OBG GMC JAMMU
MD, FRCOG, FRCMCH, FMSA, FRCP (Edin), FMA, AMB, MAM, FMS
Moderator



Lt. Gen. Narendra Kotwal
Director & Commandant AFMC Pune
MD, DNB, MPHIL, DM
Expert



Prof. Mohd. Ashraf Ganje
National Chief Coordinator, PCMR-PCOS Task Force
Founder President, M P PCOS society
MBBS, MD, DM, FRCMCH, USMLE PART 1 & PART 2 CK
Expert



Dr. Harinder Ball
Chairman, Charita Solomon, Pusa Group of Hospitals
MD, DM from PCI
Expert




Dr. Aditi Godbole
Consultant OBGYN and Infertility specialist
MS, DNB (OBGYN)
Co-ordinator

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WHAT WHEN WHY

Management of Obesity in PCOS


9th March 2024 | 6:00 - 7:30 pm (IST)



2.0
Interactive Discussions on PCOS



Dr. Duru Shah
Founder President
The PCOS Society (India)
MD, FRCOG (Gon), FRCOG, FICS, FCP, FRCMCH, DGO, DFP
Convener



Dr. Lipika Moharana
Consultant Infertility & PCOS, Aarogya Clinic & OBGYN Fertility Care
Fellowship in Reproductive Management
Moderator



Dr. Payal Bhargava
Consultant, Continental & Pranshul Hospital
MBBS, DGO ART Infertility
Moderator




Dr. Piyu Ballek Thakkar
Consultant Endocrinologist, Dr. Ballek's Clinic, Mumbai
MD (OBGYN), DNB, DGO, FCS, FACE
Expert




Dr. Aishwarya Nupur
Lead Consultant and Director, FVA IVF, Hyderabad
MS, FRCOG Reproductive Medicine, Advanced Fertility (Milan)
Expert



Dr. Aparna Govil Bhasker
Chief Gynaecologist and Laparoscopic Surgeon, Metrolife Laparoscopy and Gynaecology Center, Mumbai
MS (Gen. Surgery)
Expert



Ms. Shilpa Joshi
Consultant Dietitian, Mumbai Diet and Health Centre
RD
Expert






Dr. Zeel Shah
Consultant obstetrician and IVF specialist
MS, DNB, MRCOG (UK), Fellowship in reproductive medicine
Co-ordinator

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PCOS Weight Loss

What most people think losing weight with PCOS involves



- Starvation
- Fad Diets
- Eliminate certain food group

What losing weight with PCOS really involves

- Balanced meals
- Portion Control
- Less calorie consumption
- Improved Gut health
- Exercise Regularly
- Stress Management

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Cut down on **SUGAR**

HEALTHY DIET FOR PCOS

Insulin resistance is a problem for most people with PCOS, so a diet low in sugar is highly beneficial.

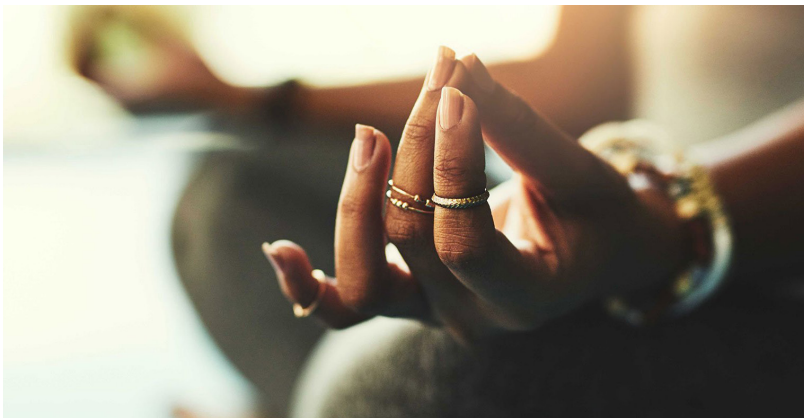
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Destress Yourself



Dr. Aakriti Gupta
MD
Fertility Specialist & Assistant Professor OBG
Shri Mahant Indires Hospital and Medical College, Dehradun

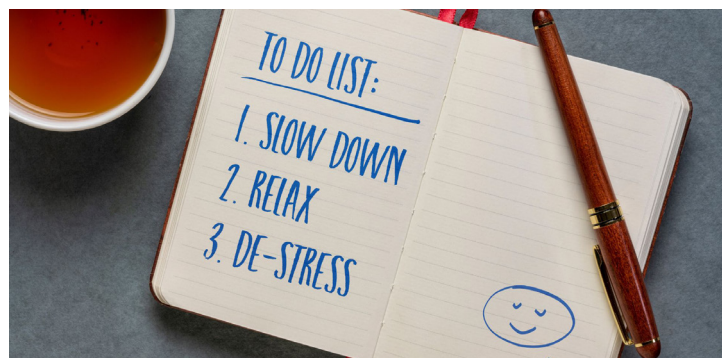


We are professional healers. We take care of people's problems every moment, all day, every day till our last breath. However, our profession is taking a toll on us. At one time or another, we can become tired, angry and with no time for anything and miss out on the things that may bother us later. We too are living beings and time to time need rebooting of time and space.

Lets us discuss a few suggestions for destressing doctors

1. Give yourself priority

Make time for self care of your whole self; mind, body, heart, soul. Remember, you are more than just a doctor. Don't forget to appreciate yourself daily.



2. Stretch Yourself

Try new things when it comes to adventures or hobbies like learning music, instruments, dance, cooking, pottery or calligraphy etc. Learn a new skill and kick start afresh.

3. Zindagi Na milegi doobara

It took me a while to realize that I needed to slow down and make the most of my life. Things can be unpredictable, no matter how detailed our plans for the future. Go party, watch a movie, go on a romantic date with your partner or plan frequent getaways or vacations.

4. Work on mental wellbeing

For decades, we have programmed ourselves to think that working all the time makes us better doctors. Working non-stop at hospital and at home doesn't make us better or perfect for anyone. Most importantly, work smarter, not just harder.

5. Stop expecting from others whether family members, friends or kids.

6. Find a support system in the professional front. We all are in this together. Through our collective voices, we can advocate for positive changes for you and for us.

With all due love and respect

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Denmark

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University of the Philippines
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Philippines

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We need your View



Dear Readers,

We invite you to participate in a survey aimed at understanding the 'Clinical challenges faced by gynaecologists in counseling patients with Polycystic Ovary Syndrome (PCOS)'. Please spare two minutes of your time to click on the link or scan the QR code and participate in the survey. Your valuable insights will contribute to improving patient care and support in managing this complex condition. The insights from this survey will be published in the forthcoming issue of PANDORA. Thank you for your participation.

Created by Dr. Riddhi Desai

Please click on the link or scan the QR code to participate in the survey.

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- ✓ Results in reappearance of menses
- ✓ Restores ovulation & fertility

40:1 MI/DCI ratio could be beneficial for improving **Metabolic Aspects²**

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1. European Review for Medical and Pharmacological Sciences 2019; 23: 5512-5521. 2. Z Kamenov Molecules. 2020 Dec; 25(23):5566

*As a nutritional supplement