



Weston Medical Education Foundation of India

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Gynaecology Conclave

20th & 21st July 2024 at Hotel Sonar Bangla, Mayapur, West Bengal

The "Gynaecology Conclave" convened in Hotel Sonar Bangla, Mayapur, West Bengal, orchestrated by the esteemed Weston Medical Education Foundation of India. This gathering aimed to amalgamate the expertise of Gynaecologists and general physicians from across India, fostering a dialogue on the intricacies of managing cardiovascular diseases and its associated complications.

"During the CME, Weston Medical Education Foundation of India emphasized the essential role of such events in bridging the gap between cutting-edge research and everyday medical practice, ensuring wider access to knowledge for the benefit of all doctors and their patients."

Total Participants: 54 distinguished participants

EXPERT

Faculties:

- Dr. Dhruba Ray
- Dr. Prasanna Roy
- Dr. Nibedita Ray Gaheer
- Dr. S.R Sarkar
- Dr. Dilip Kr Pal
- Dr. K Mukherjee



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AGENDA

DAY 1 - 20th July, 2024

Time: 2:00 p.m. to 9:00 p.m.

Topics	Speaker	Timing
Welcome Note	WMEFI	02:00 p.m. to 02:15 p.m.
Role of Ferric Carboxymaltose (FCM) in management of Iron deficiency anemia	Dr. Dhruva Ray	02:15 p.m. to 03:00 p.m.
Role of Ferrous Ascorbet in IDA	Dr. Dr. Nibedita Ray G	03:00 p.m. to 03:45 p.m.
Prediction of preterm labour by ultrasound & role Dydrogoesteron in RPL.	Dr. Prasanna Roy	03:45 p.m. to 04:30 p.m.
Discussion on the Session		04:30 p.m. to 05:15 p.m.
Tea Break		05:15 p.m. to 06:00 p.m.
Diagnosis and Management of Idiopathic Recurrent Miscarriage	Dr. S.R Sarkar	06:00 p.m. to 06:45 p.m.
Polycystic Ovary Syndrome (PCOS): Diagnosis, Management, and Long-Term Health Implications	Dr. Dilip Kr Pal	06:45 p.m. to 07:30 p.m.
Management of Menopausal Symptoms: Hormone	Dr. K Mukherjee	07:30 p.m. to 08:15 p.m.
Discussion on the Session		08:15 p.m. to 09:00 p.m.

DAY 2 – 21st July, 2024

Time: 8:30 a.m. to 01:00 p.m.

Topics	Speaker	Timings
Anemia in Pregnancy: A Silent Killer	Dr. Dr. Nibedita Ray G	08:30 a.m. to 09:15 a.m.
Focussing Newer Domains in Anaemia Management	Dr. Prasanna Roy	09:15 a.m. to 10:00 a.m.
Discussion on the Session		10:00 a.m. to 10:30 a.m.
Breakfast		10:30 a.m. to 11:00 a.m.
Surgical interventions in Obese PCOS	Dr. Dhruva Ray	11:00 a.m. to 11:45 a.m.
Recent updates in the Management of Adenomyosis	Dr. S.R Sarkar	11:45 a.m. to 12:30 p.m.
Discussion on the Session		12:30 p.m. to 1:00 p.m.
Vote of Thanks		WMEFI



Summary of CME

Day 1:

Role of Ferric Carboxymaltose (FCM) in Management of Iron Deficiency Anemia

Dr. Dhruva Ray discussed the role of Ferric Carboxymaltose (FCM) in managing iron deficiency anemia, emphasizing its pharmacological advantages and clinical applications. FCM was highlighted as a novel intravenous iron formulation designed to quickly and efficiently replenish iron stores in patients with iron deficiency anemia. Dr. Ray explained that FCM allowed for high-dose iron administration in a single or few infusions, reducing the need for frequent hospital visits and improving patient compliance. Clinical studies had shown FCM to be effective in various patient populations, including those with chronic kidney disease, inflammatory bowel disease, and postpartum anemia. The session also covered practical aspects of FCM administration, such as dosage calculations, infusion protocols, and monitoring for potential side effects. Dr. Ray concluded by discussing the cost-effectiveness of FCM and its potential to improve patient outcomes and healthcare efficiency.

Role of Ferrous Ascorbate in Iron Deficiency Anemia (IDA)

Dr. Nibedita Ray G. explored the benefits of Ferrous Ascorbate in the treatment of iron deficiency anemia (IDA). Ferrous Ascorbate was explained as a combination of ferrous iron and ascorbic acid (vitamin C), designed to enhance iron absorption in the gastrointestinal tract. Dr. Ray G. explained that the addition of ascorbic acid prevented the oxidation of ferrous iron and maintained it in a soluble form, which is readily absorbed. This combination not only improved iron bioavailability but also reduced gastrointestinal side effects often associated with iron supplementation, such as constipation and nausea. Dr. Ray G. emphasized the importance of individualized treatment plans and regular monitoring to achieve optimal outcomes in managing IDA.

Prediction of Preterm Labour by Ultrasound & Role of Dydrogesterone in Recurrent Pregnancy Loss (RPL)

Dr. Prasanna Roy provided insights into the use of ultrasound for predicting preterm labor and the role of Dydrogesterone in managing recurrent pregnancy loss (RPL). The session focused on cervical length measurement and other ultrasound markers that can identify women at high risk for preterm labor. Dr. Roy explained how these markers, when detected early, allowed for timely interventions such as the administration of corticosteroids to enhance fetal lung maturity and the use of tocolytics to delay labor. The session included case studies and practical tips for integrating these ultrasound techniques into routine prenatal care. Dr. Roy shared dosing recommendations, potential side effects, and monitoring strategies to ensure safe and effective use of Dydrogesterone. He concluded by emphasizing the need for a multidisciplinary approach in managing high-risk pregnancies to improve maternal and fetal outcomes.



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Diagnosis and Management of Idiopathic Recurrent Miscarriage

Dr. S.R. Sarkar discussed the complex and often challenging task of diagnosing and managing idiopathic recurrent miscarriage. He explained that recurrent miscarriage, defined as the loss of two or more consecutive pregnancies, can be caused by a variety of factors, including genetic, anatomical, endocrine, and immunological abnormalities. However, in many cases, the cause remained unexplained, classified as idiopathic. Dr. Sarkar emphasized the importance of a thorough evaluation to rule out identifiable causes, including karyotyping, uterine imaging, and hormonal assays. He discussed the role of immunotherapy in selected cases and the importance of psychological support for affected couples. Dr. Sarkar presented case studies and shared practical insights on tailoring treatment plans to individual patient needs, stressing the importance of patient education and regular follow-up.

Polycystic Ovary Syndrome (PCOS): Diagnosis, Management, and Long-Term Health Implications

Dr. Dilip Kr Pal provided a comprehensive overview of Polycystic Ovary Syndrome (PCOS), a common endocrine disorder affecting women of reproductive age. He discussed the diagnostic criteria for PCOS, which include hyperandrogenism, ovulatory dysfunction, and polycystic ovarian morphology. Dr. Pal emphasized the importance of a thorough clinical evaluation and the use of laboratory tests to exclude other conditions with similar presentations, such as thyroid dysfunction and hyperprolactinemia. Dr. Pal also highlighted the increased risk of cardiovascular disease, type 2 diabetes, and endometrial cancer in women with PCOS, underscoring the need for regular monitoring and preventive strategies to mitigate these risks.

Management of Menopausal Symptoms: Hormone Replacement Therapy (HRT)

Dr. K. Mukherjee addressed the management of menopausal symptoms through hormone replacement therapy (HRT). He discussed the physiological changes associated with menopause, including the decline in estrogen levels and its impact on various organ systems. Dr. Mukherjee reviewed the benefits of HRT in alleviating vasomotor symptoms, such as hot flashes and night sweats, as well as its positive effects on bone density and urogenital health. He emphasized the importance of individualized treatment plans, considering factors such as age, health status, and personal preferences. The session included a review of the latest clinical guidelines on HRT, alternative non-hormonal treatments, and strategies for minimizing risks while optimizing symptom relief.

Day 2:

Anemia in Pregnancy: A Silent Killer

Dr. Nibedita Ray G. discussed the critical issue of anemia in pregnancy, often referred to as a "silent killer" due to its asymptomatic nature in many cases. She highlighted the prevalence of anemia among pregnant women, particularly in low-resource settings, and its adverse effects on maternal and fetal health. Dr. Ray G. explained that anemia during pregnancy could lead to complications such as preterm delivery, low birth weight, and increased maternal morbidity and mortality. The session included case studies and practical recommendations for healthcare providers to improve outcomes for pregnant women with anemia.



Focusing Newer Domains in Anemia Management

Dr. Prasanna Roy presented on the evolving landscape of anemia management, highlighting newer domains and innovative approaches. He discussed the limitations of traditional iron supplementation methods and the need for more effective strategies to address iron deficiency and other forms of anemia. Dr. Roy reviewed novel oral and intravenous iron formulations, including those with improved bioavailability and reduced gastrointestinal side effects. The session included an overview of recent clinical trials, practical considerations for incorporating new treatments into clinical practice, and strategies for optimizing patient outcomes through personalized anemia management.

Surgical Interventions in Obese PCOS

Dr. Dhruba Ray discussed the role of surgical interventions in managing obese patients with Polycystic Ovary Syndrome (PCOS). He explained that while lifestyle modifications and pharmacological treatments are the first-line therapies for PCOS, surgical options may be considered in cases of severe obesity or when other treatments have failed. Dr. Ray reviewed bariatric surgery techniques, such as gastric bypass and sleeve gastrectomy, and their impact on weight loss and metabolic improvement in PCOS patients. He also discussed the benefits of laparoscopic ovarian drilling (LOD) for inducing ovulation in women with clomiphene-resistant PCOS. The session covered the selection criteria for surgical candidates, potential risks, and postoperative care to ensure successful outcomes.

Recent Updates in the Management of Adenomyosis

Dr. S.R. Sarkar provided an update on the management of adenomyosis, a chronic gynecological condition characterized by the presence of endometrial tissue within the myometrium. He discussed the challenges in diagnosing adenomyosis, often due to its overlapping symptoms with other conditions like fibroids and endometriosis. Dr. Sarkar highlighted the role of advanced imaging techniques, such as MRI and transvaginal ultrasound, in improving diagnostic accuracy.

In terms of management, Dr. Sarkar reviewed both medical and surgical treatment options. He discussed the use of hormonal therapies, such as GnRH agonists, progestins, and levonorgestrel-releasing intrauterine systems, to alleviate symptoms and reduce disease progression. For patients with severe symptoms or those who did not respond to medical therapy, surgical options such as uterine artery embolization and hysterectomy were explored. Dr. Sarkar emphasized the importance of a personalized approach to treatment, considering the patient's age, symptom severity, and desire for fertility preservation.



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DAY 1 & 2 Highlights:

- Gynaecology Conclave provided a comprehensive overview of key topics in gynecological health. Sessions covered the role of Ferric Carboxymaltose (FCM) and Ferrous Ascorbate in the management of iron deficiency anemia, emphasizing their clinical benefits and applications. The use of ultrasound for predicting preterm labor and the role of Dydrogesterone in managing recurrent pregnancy loss were also explored, offering insights into improving outcomes in high-risk pregnancies. Attendees gained valuable knowledge on the diagnosis and management of idiopathic recurrent miscarriage and Polycystic Ovary Syndrome (PCOS), including long-term health implications and surgical interventions in obese PCOS patients. The management of menopausal symptoms through hormone replacement therapy (HRT) and the critical issue of anemia in pregnancy were discussed, highlighting evidence-based strategies for treatment. The conclave also covered recent advances in the management of adenomyosis, focusing on both medical and surgical options. The event emphasized the importance of integrating the latest clinical evidence and innovations into practice to enhance patient care in gynecology.
- **In the end of this CME, the Weston Medical Education Foundation of India extended, its sincere vote of thanks to the attending delegates and acknowledged the academic industry partners for their valuable support and contribution to the success of this event.**
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Photos of CME





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Registration Counter





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Lecture on Surgical interventions in Obese PCOS



Lecture on Recent updates in the Management of Adenomyosis



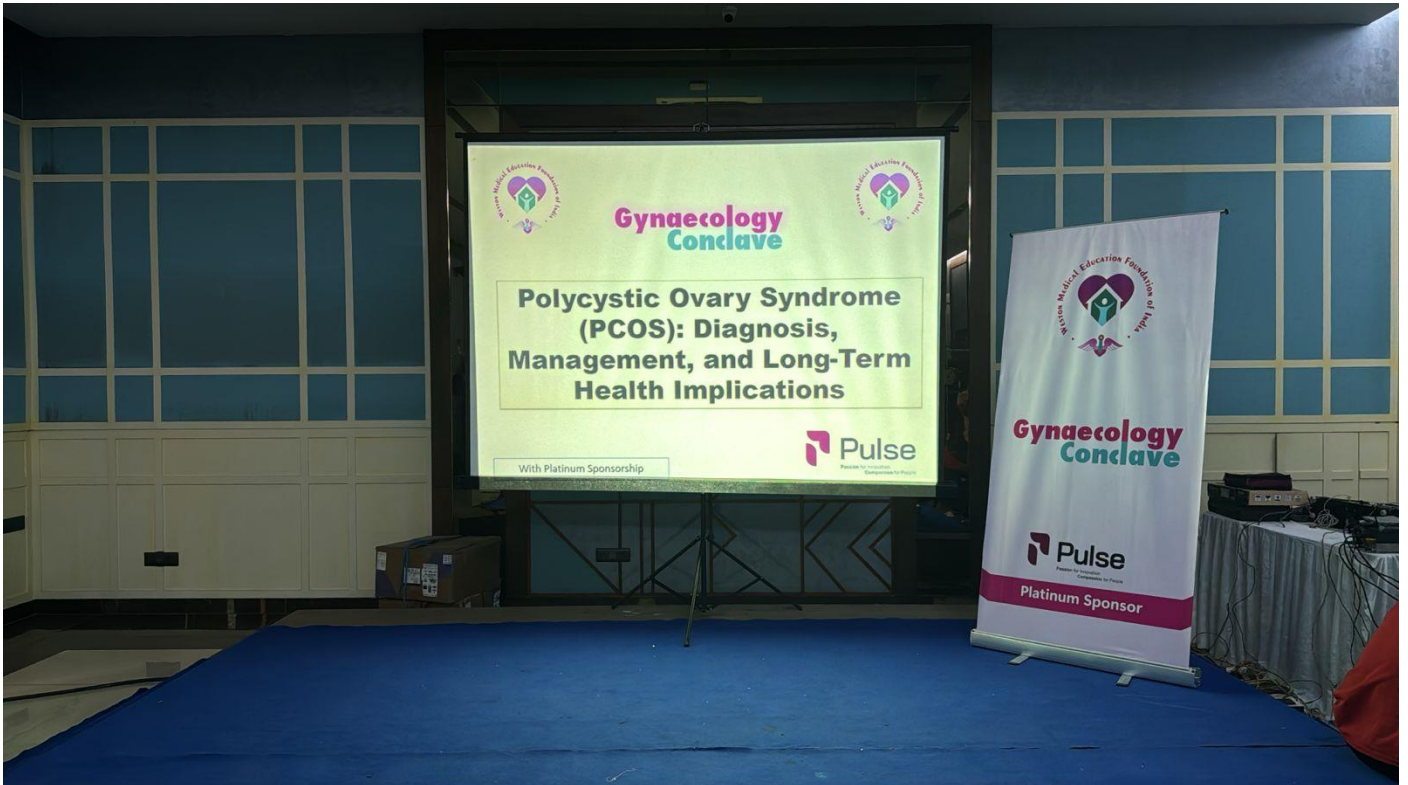


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Lecture on PCOS: Diagnosis, Management & Long term health implications



Lecture on Focusing Newer domains in Anemia Management





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Lecture on Management of Menopausal symptoms: Hormone therapy & Non-Hormonal alternatives



Lecture on Anemia in Pregnancy: A Silent Killer





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Lecture on Role of FCM in Management of Iron deficiency anemia



Lecture on Role of Ferrous Ascorbet in IDA





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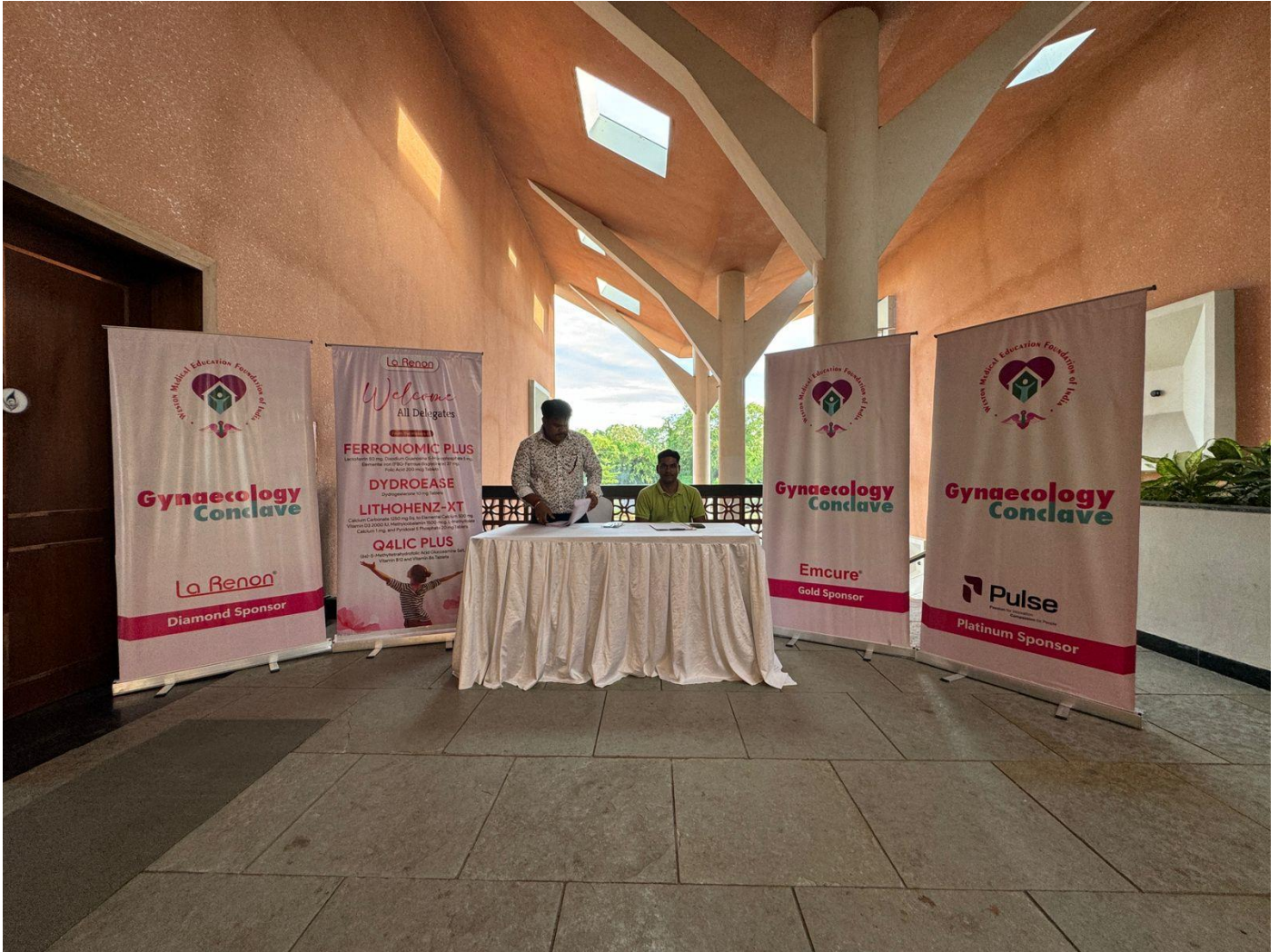


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