



# ERODE OBSTETRICS AND GYNECOLOGICAL SOCIETY

BULLETIN  
JANUARY & FEBRUARY - 2021



## EOGS TEAM 2021 - 2022

**Dr. Nancy Thanu**  
President

**Dr. Purnimaa Saravanan**  
Secretary

**Dr. Vani Madhavan**  
Finance Secretary



## EOGS TEAM 2021 – 2022 INSTALLATION CEREMONY



President Installation



Hon. Secretary Installation



Honouring Imm. Past President



Outgoing Secretary



Finance Secretary Installation



Joint Secretary Installation



Joint Secretary Installation



EOGEANS



# ERODE OBSTETRICS AND GYNECOLOGICAL SOCIETY

Affiliated to FOGSI - Since 1986

[erodeogsociety.com](http://erodeogsociety.com)

TN Societies Registration SI No 144/2018

## INVITES YOU TO THE WEB SCIENTIFIC SESSION

### DATE

**27.02.2021**

### TIME

**6 to 8 pm**

### TOPIC

**Unwind The Stress about  
(Stress and URGE Incontinence)**

### SPEAKER

**Dr. Srikala Prasad**

MBBS., MD., DGO., MCH.,

**Consultant Obsterician & Gynecologist  
Consultant Urologist**

### TOPIC

**Case Scenarios & Discussion**

### SPEAKER

**Dr. Praveen Sundar**

MS., Mch (Uro)., DNB (Uro)., MNAMS., FMAS., FALS.,

**Consultant Urologist and Transplant Surgeon**

Sponsored by:



**Dr. Nancy Thanu**  
President

**Dr. Purnimaa Saravanan**  
Secretary

**Dr. Vani Madhavan**  
Finance Secretary





## PRESIDENT'S MESSAGE

Respected Seniors and beloved Colleagues!

Happy New year, Happy Pongal (though belated) to you all. First of all we thank all of you for entrusting us to serve the society for two years as office bearers. We hope to abide by your expectations. We immensely thank the out-going team , headed by Dr.Usha for making our society shine more with academic activities as well as gatherings and tours. I have returned back to EOGS office after a long gap of 14 years வனவாசம் ( worked as Secretary during 2005-2006 under Dr. Usha's Presidentship.) I am so happy to take over charges from my then President.

I have been witnessing the stead-fast growth of EOGS by the dedicated office bearers in the time-line. All successors are breaking the records of previous team and making our society stand-high among our contemporaries. Our team also will follow suit and put our efforts to get more feathers to our cap. As the Corona Pandemic is not yet over, we are planning for Zoom meetings for the immediate future . We expect all of you to render the same type of co-operation during our term too.

We expect suggestions to improve our academic sessions, Capsule presentations by our society members and more attendance to our Zoom meetings. We are trying to help our colleagues by Crisis management Committees . Thanks to our previous team for fixing Minimum charges proposal, so as to have uniformity among our members . Kindly peep into our website to know our activities.

Once again thank you all for the showers of blessings from you.

**Dr. Nancy Thanu MBBS., DGO.,**

President - EOGS

Rathnam Maternity Clinic

3-A, Kovalan St., Teachers' Colony,

Erode - 11.

## SECRETARY'S MESSAGE



Respected seniors & Colleagues

It gives me a great pleasure in writing this message as a Secretary of prestigious EOGS .Happy and delighted to be a part of EOGS .I thank all the EOGS members for entrusting us and our New team. We assure you that you all will be delighted as well. Our Previous office bearers have set the standard so high and we will strive hard to reach the Sky , of course with all your support & guidance. This year EOGS will be recognized by FOGSI.

As said and well known UNITY IS STRENGTH . We will show our unity in all activities. EOGS will be there for all.As EOGS Website was recently launched all events will be uploaded soon. Most of our EOGS members are silent spectators and this year Every Talent will be brought to the Limelight..

EOGS will keep its head high in organizing academic sessions with eminent Speakers and of course , yes, it will be complete with fun filled Family Gala Gatherings also..Last but not the least Women are the pillar of the Family. Let us celebrate our women-hood in a grand manner on March 8th as International Women's Day. Let us take care of the Family and Society by taking care of us too.

Kindly update your personal and professional details for better communications.

**Dr. Purnimaa Saravanan** MD(OG) , F.MAS. , F.ART  
Abirami Kidney Care  
Dr. Thangavelu Hospital  
No. 581, 582, Perundurai Road,  
Near Ravi Theater, Erode - 638 011.

# Know about your Society

EOGS - Erode Obstetrics & Gynecological Society, shortly called as EOGS is one of the prestigious society of Turmeric City, Erode. It has been formed during 1982 by the quenching thirst of our Founder President Dr. Rajalakshmi madam to share experiences & have academic lectures along with a handful of Seniors at the second Floor of Arcees maternity Clinic. Down the memory lane, history of it is narrated in our Website - [erodeogsociety.com](http://erodeogsociety.com) by our beloved Founder President Madam.

Initially started with few members, it has grown up to a strong society with more than 200 members now. Any member with specialisation in Obs & Gyn can join our society as regular member with voting right. Other speciality Doctors can join as associate Members. They don't have voting rights, but participate in our academic as well as extra curricular gatherings.

We are affiliated to FOGSI at national level. Uninterrupted Membership with payment of Annual subscription will give us the voting right to select FOGSI office bearers. We can attend National Conferences & Seminars, present papers, Chairpersons of academic sessions @ Conferences. We will pay the annual subscription every year by January to continue our membership.

Recently we have registered our EOGS under Societies Act. Thanks to Dr. Anuradha Gowrisankar for taking much efforts to make it happen. Since we are a registered society we have some bye-laws to run the society. It can be modified & amended by the competitive persons whenever need arises.

We have framed an organisational set-up to run the society with a team of office bearers. President, Vice President, Hon. Secretary, Finance Secretary, Joint Sec I & Joint Secretary II. Their tenure will be for two years. Next tenure will have the ladder-up pattern so as to have upgradation of posts. Vice President will become President automatically & so on to other posts also. Thereby only one post of Joint Sec II will be vacant for next term election. By doing this arrangement successors will have familiarity with the society activities & easier to occupy the post of Secretary without hesitation.

Our fund-raising pattern by sponsorship of our members through chits help us a lot to carry-over academic sessions without encumbrances. Thereby we are choosing topics needed by the society with reputed speakers.

We are regularly conducting camps, workshops & awareness programmes with the guidelines from FOGSI. Our commitment towards society as well as family goes hand in hand with nostalgic family gettogethers.

We have the best communication system between members through whatsapp, Bulletin, website & email. Kindly utilise them to share your knowledge as well as grievances.

Email id. - [eogs19@gmail.com](mailto:eogs19@gmail.com)

Website. - [erodeogsociety.com](http://erodeogsociety.com)

whatsapp. - EOGS

"If you don't get out of the box you've been raised in, you won't understand how much bigger the world is."

Angelina Jolie,  
Award-Winning Actress and Philanthropist

# Time-pass Quiz

1. In a car, what might be a disc or drum?
2. Which animal is featured on the logo of the car manufacturer Porsche?
3. The first modern Olympics were held in which city?
4. What kind of bird is the cartoon character Tweetie Pie?
5. Alphabetically, which is the first creature in the dictionary?
6. What is Harry Potter's middle name?
7. Should silk be washed in hot or cool water?
8. Who originally did the voice for Mickey Mouse?
9. Which European country has been ruled by 18 kings with same name?
10. Who was the first man in space?
11. What would you do with a Yashmak?
12. Whose nose grow when he tells a lie?
13. Which was the first James Bond Book?
14. How many matches are in a standard pack?
15. Which Country, men use more deodorant?
16. Which is 6 inches bigger in Summer?
17. Who invented Popcorn?
18. What is the colour of mourning Turkey?
19. Which is the longest river of the Peninsular India?
20. The highest peak in the Eastern Ghats is?

**Answers found in Page 15**

*"The future belongs to those who believe in the beauty of their dreams."*

Eleanor Roosevelt,  
Former First Lady

# Contraceptive Basket Of Choice

— Under National Family Planning Program —

## Temporary Methods

- Condoms & other barrier methods( cervical cap, Vaginal Sponge)
- Oral Contraceptive Pills-
  - i) Combined Oral Contraceptives (Mala N)
  - ii) Centchroman(Chhaya)
  - iii) Emergency Contraceptive Pills (EzyPill)
- Injectable MPA (Antara)
- IUCD-380A, 375

## Permanent Methods

- Male Sterilization (Conventional Vasectomy/NSV)
- Female Sterilization (Minilap/Laparoscopic)

### Female Condoms:

It is a lubricated polyurethane sheath, similar to male condom. It is inserted into vagina, the closed end covers the cervix.

### **Oral Contraceptive pills:**

**1.Combined OCPs(Mala-N):** is already in use with their merits & demerits.

**2.Centchroman ( CHHAYA):** Non-hormonal, non-steroidal, once a week (Ormeloxifene ) pill.

- It acts by preventing implantation of the zygote.
- Safe for breast-feeding mothers
- Can be given soon after childbirth
- Available in public sector as free supply.
- Very effective method
- Return of fertility on stopping the drug is prompt.
- It makes the periods lighter and useful in anaemic women

Prolongation of menstrual cycle is the only side effect.

### **Schedule:**

- One pill (30 mg) is taken twice a week for three months, followed by once a week thereafter
- For initiation, first pill to be taken on 1st day of menstruation and second pill 3 days later.
- From fourth month onwards once a week pill to be taken on the first pill day .
- Post partum women should take , earlier than 6 weeks.
- Post abortal pts should take immediately after abortion.
- In case of missed pills <7days,normal schedule to be continued with back-up method of Condom till next periods
- Missed pill >7days , restart the schedule as new user.

**3. EZY pill:** Emergency Contraceptive pill is single tablet of Levonorgestrel. It prevents unwanted pregnancy through three-pronged process.



- Alters the Endometrium and prevents implantation.
- Stops ovulation
- Thickens the cervical mucus

It should be taken within 72 hours of unprotected intercourse.

It gives nausea, vomiting, mood swings & heartburn. Repeated use may cause hormonal imbalance and leads to infertility later.

Injectable Contraceptive ( **ANTARA**): Medroxy Progesterone Acetate

It acts by Suppression of ovulation; thinning of endometrium & thickening of cervical mucus.

#### **Schedule:**

- Within 7 days of menstruation/ anytime if pregnancy is ruled-out
- Postpartum breast-feeding women at 6 weeks
- Postpartum non-lactating women <4 weeks
- After taking EZY pill, same day of taking the pill.
- Switching from other method
- Next dose 3 months after last injection on scheduled date.
- Defaulter can come with grace period of 2 weeks earlier or four weeks later from the scheduled date.
- Injection to be given as IM/SC. Injection site should not be rubbed as the drug should stay in the injection site for three months

#### **Benefits:**

- Long term contraceptive benefit (3 months)
- Can be used by women of any age or parity
- Very effective and reversible method
- Return of fertility takes 7-10 months from last injection.

First three months irregular bleeding may present. Within a year amenorrhea sets in. It should be properly explained to the patient.

#### **IUCDs:**

##### **Types:**

Depending on the period of insertion they are classified as

- Interval IUCD : inserted anytime during menstrual cycle, when the woman is not pregnant
- PPIUCD (PostPartum IUCD) : Insertion within 10mts after the delivery of placenta upto 48 hours
- PAIUCD (PostAbortal IUCD) : immediately or within 12 days after abortion

Depending on the efficacy

- Copper -T 375 : Effective for 5 years
- Copper-T 380A : Effective for 10 years

IUCD can also be used as an Emergency contraceptive if inserted upto 5 days after unprotected intercourse

All IUCDs have the same mechanism of action

Courtesy  
**Dr. Malarvizhi** CCS (OG)  
Erode GH

# PHOTO GALLERY



Installation meeting



Installation meeting



Installation meeting



Mixopathy Strike



Strike Against Mixopathy by EOGeans



# PHOTO GALLERY



Oneday seminar for Govt & Private OGicians



Dr.Rani's Nursing home opening



Abirami kidney Care opening@Gobi



Corona awareness@Kalaimagal kalvi Nilayam





# Menopause Challenges

**Menopause** is an unavoidable change / challenge that every woman has to experience. It is a greek word

Men - Month  
Pause - End  
(Means - End of Monthly cycles)



- Dr. Vanithasri.K MD(OG)

**Age at Menopause of Indian Woman**

40 - 50 years

Average - 46.2 years

(Western average 50.5 years)

## **Phases of Menopause :**

### **A. Perimenopause**

- 8 to 10 year prior to complete cessation of menstruation.
- Gradual fall in ovarian production of estrogen.
- Folliculogenesis and ovulation are infrequent.
- Short cycles with / without excessive flow.
- Still pregnancy is possible
- Start experiencing vasomotor symptoms.

### **B. Menopause**

Period of 12 months from last menstruation. Once a woman goes through a period of 12 consecutive months without menstruation, it is clinically defined as menopause.

### **C. Post Menopause**

Period after 12 months amenorrhoea.

Menopause is classified according to the timing (or) cause.

- Natural - Gradual decline of primordial follicles in ovary.
- Induced - Surgery / Radiation
- Premature / Early - Menopause before 40 years.

"You will be defined not just by what you achieve, but by how you survive."

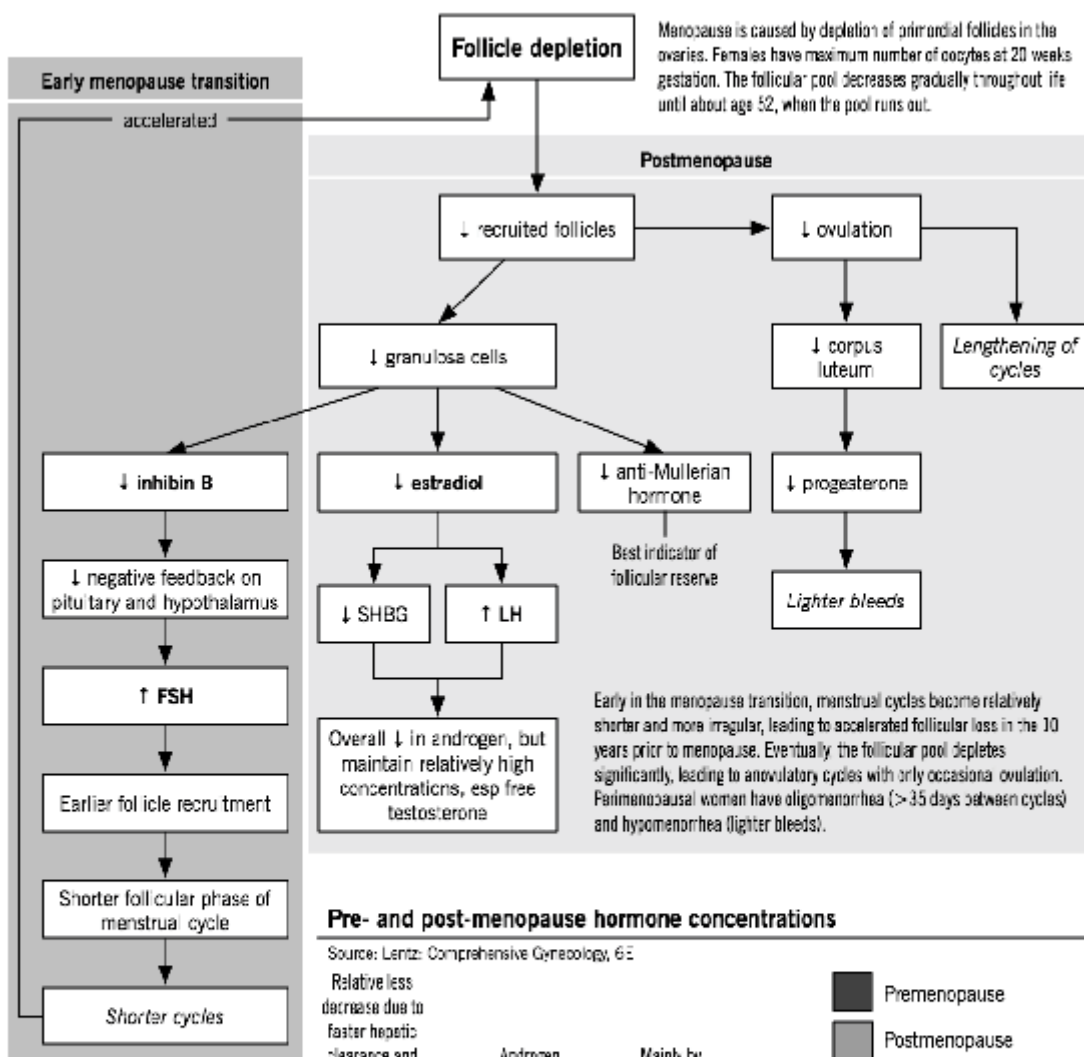
Sheryl Sandberg,  
COO, Facebook



# Pathophysiology of menopausal transition

Eric Wong

Source: Principles of Gender-Specific Medicine, 2E



"Success doesn't come from what you do occasionally.  
It comes from what you do consistently."

Marie Forleo,  
Entrepreneur, Writer and Philanthropist



## Menopause Symptoms :

### 1. Vasomotor Symptoms

- Hot flashes / flushes
- Night Sweats
- Palpitations
- Headache

### 2. Genico Urinary Symptoms

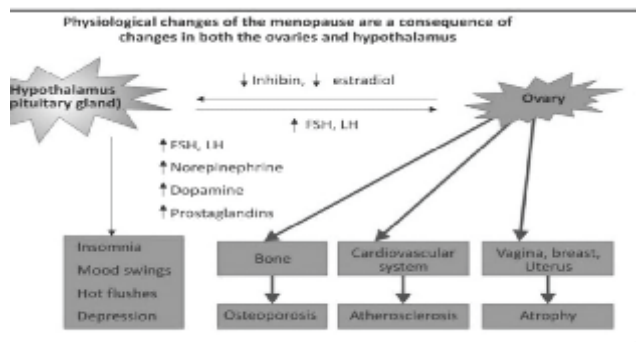
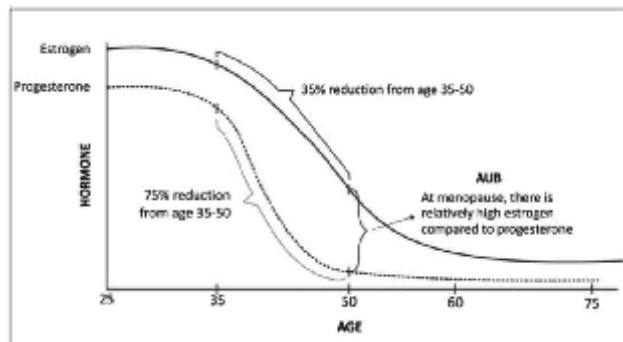
- Depletion of collagen tissue and muscle mass at GU System
- Vaginal dryness, atrophy
- Vaginal pH alkaline - Prone for infection
- Pruritus / Burning Sensation
- Urinary incontinence

### 3. Psychological Symptoms

- Sleep Disturbance
- Mood changes, Irritability, Labile Mood, Depression.

### 4. Skin and Hair

- Loss of elasticity, wrinkles, slight baldness.



## DIAGNOSIS

H/o. Amenorrhoea for - 12 consecutive months

Presence of Menopausal symptoms

Estradiol < 20 pg / ml

FSH > 40 mIU / ml

## HEALTH PROBLEMS AFTER MENOPAUSE

**1. Osteopenia / Osteoporosis :** Risk of fractures and arthritis

**2. Metabolic problems :** Weight Gain, Hypertension, Diabetes, Dyslipidemia.

**3. Psycho social issues :** Depression, Insomnia

## Post Menopausal Screening

1. Metabolic / Hormonal : Thyroid Profile, Diabetes Screening, Hypertension

2. To rule out Premalignant Conditions : VIA / VILI (or) Colposcopy

: USG Pelvis, Clinical Breast examination

Individualise the frequency of screening and type of screening according to patients complaints and family history.

## Non Hormonal Therapy in Menopause

- Paroxetine (7.6mg OD) : only FDA approved drug, Reduces hot flashes
- Clonidine : Reduce hot flashes

"With every experience, you alone are painting your own canvas,  
thought by thought, choice by choice."

Oprah Winfrey,  
Entrepreneur, Producer and Philanthropist

- Gabapentin : Reduce hot flashes
- Raloxifen (Serm) : Increases Bone Mineral Density
- Foods : Rich in Phyto estrogens and Vit E - Soy Protein, Lentils, Chcikpeas, Flax Seed

## **Hormone Replacement Therapy (HRT) or Menopausal Hormone Therapy (MHT)**

Indication : Severe VM Symptoms, Premature Menopause, Osteoporosis prevention, To improve the Quality of life.

### **Individualise according to the benefits and risks**

1. Oral Estrogen regim for who had hysterectomy - Conjugated equine estrogen 0.3 (or) 0.623 mg daily.
2. Oral or Vaginal estradiol 2 mg to treat VM symptoms and GU Symptoms.

#### For People With Uterus

#### 3. Cyclical HRT

Monthly : Estrogen is given daily while progesterone is added for later 14 days.

Three Monthly : Estrogen is given daily while progesterone is added for 14 days starting from 12th week.

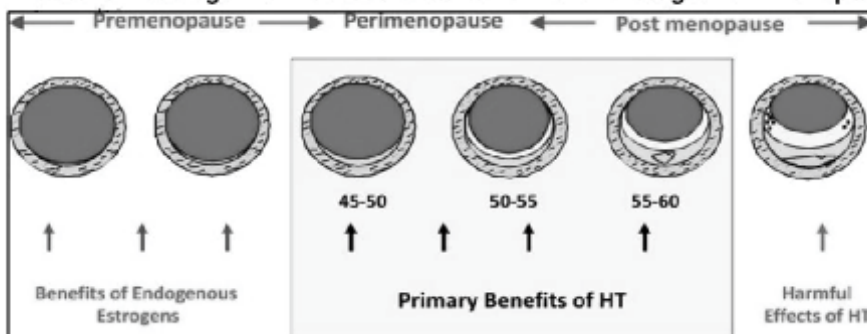
4. Continuous Combined HRT : Usually for Post Menopausal female with severe VM Symptoms and Osteopenia.

5. Transdermal 17 $\beta$  estradiol patches

#### 6. Tibolone :

- For whom conventional HRT is contra indicated.
- Steroid with estrogenic action on bone, vagina and VM symptoms
- Anti estrogenic action on breast and endometrium
- Androgenic action on mood and libido
- 1.25 to 2.5 mg OD
- Not recommended within 1 year of menopause.

**Effects of estrogen on vessel wall at different stages of menopause**



### **Window Of Opportunity**

“Life is either a daring adventure or nothing at all.”

Helen Keller,  
Author, Political Activist and Speaker

### **Contraindication for HRT**

- Liver / Gall Bladder Problem
- History of venous thrombo embolism
- Coronary Artery disease.
- $\geq 2$  risk factors for Breast cancer. (Ex. Nullipara with family history)

### **Periodic Monitoring:**

- Liver function test, Lipid Profile
- Estrodiol : ideal to keep the serum level around 100 pg / ml
- USG for endometrial Thickness
- Clinical Breast Examination

### **Stopping the HRT**

- Abrupt withdrawal may result in return of hot flashes
- Reduce estrogen by one pill a week (6/ week, 5/week, ....)
- HRT : Not advisable for >5 years (or) Beyond 60 years

### **Ideal candidate for HRT**

A woman with disturbing menopausal symptoms but without co morbidities - within 10 years of menopause (or) younger than 60 years.

### **Benefits of HRT**

- Reduces Osteoporosis and Risk of Fracture
- Reduces / delays the occurrence of type 2 DM
- Delays cataract progression
- Improves Quality of life

But, No beneficial role in Dementia.

### **Therapeutic Lifestyle Modification :**

- Foods with phytoestrogens, calcium, protein
- Stop tobacco / limit coffee intake
- Increase the physical activity and targetted exercise (Ideal to start before osteo arthritis sets in)
- Stress reducing strategies
- Spritual Attitude
- Meditation
- Good Sleep hygiene
- Improve the communication (Family and Friends)



“A lot of people are afraid to say what they want.  
That's why they don't get what they want.”

Madonna,  
Recording Artist, Actress and Entrepreneur

## EOGS Team 2021-2022

President

**Dr.Nancy Thanu**

Hon.Secretary

**Dr.Purnima**

Finance Secretary

**Dr.Vani Madhavan**

Vice President

**Dr.Revathy Sadhasivam**

Joint Secretary I

**Dr.Laxmi Krishna**

Joint Secretary II

**Dr.Vanithasri**

Immediate Past President

**Dr.E.S.Usha**

Founder President

**Dr.Rajalakshmi**

Executive Committee Members

**Dr.Anuradha Manoharan**

**Dr.Poongothai Palanisamy**

**Dr.Suganthi Kumar**

**Dr. Darani**

**Dr.Hemalatha Arthur**

**Dr.Tamilselvi Masilamani**

**Dr.Anuradha Gowrishankar**

**Dr.Gomathy**

## Time-pass Quiz - Answers

01. Brakes

02. Horse

03. Athens

04. Canary

05. Aardvark

06. James

07. Cool



08. Walt Disney himself

09. France, LOUIS

10. Yuri Gagarin

11. Wear it, it is an Arab veil.

12. Pinnochio

13. Casino Royal



14. 20

15. Japan

16. Eiffel Tower

17. American Indians

18. Violet

19. Godavari

20. Mahendragiri





# Birthday Babies of March 2021



01.3.21 Dr.Vasanthi Rajesh



02.3.21 Dr.Sudha Murugavel

Dr.Chitra Subramaniam,  
Kodumudi



03.3.21 Dr.Usha Sahadevan



06.3.21 Dr.Chitra Venkatesan  
Dr.Bharani Innocent



08.3.21 Dr.Nancy Thanu



09.3.21 Dr.Latha Senthilkumar



10.3.21 Dr.Indra Murugan ,PMCH



16.3.21 Dr.Lakshmi Sampath, Bhavani



20.3.21 Dr. K.S.Ambikadevi, Anthiyur



21.3.21 Dr. Malarvizhi  
Chandrasekaran

Dr. D. Malarvizhi, GH- Erode



24.3.21 Dr. Geetha Ganeshwaran



31.3.21 Dr. Kalapriya



## Editorial

Happy Womens Day. Once again taking the responsibility of bringing-out EOGS bulletin. Gone are the days, we were expecting our bulletin to know the current trends. Thanks to social media to get the information within seconds. Yet, a bulletin has its own merits. Social media messages are like Zoom meetings, while Bulletin is like a real hand-shake in person.

I request all our members to give articles for Bulletin. We can share our experiences in Professional as well as social activities. Give your achievements, paper presentations, participation in Conferences so as to share the joy with our EOGean family. Next issue will start a Regional corner for those who can write in Tamil nicely.

Kindly send your write-ups, Photos to our EOGS email : eogs19@gmail.com

Wishing you all a Happy & Prosperous New year

Editor

**Dr. Nancy Thanu**

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Associate Editor

**Dr. Vanithasri**

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## EOGS TEAM 2021 – 2022 INSTALLATION CEREMONY



Bye-laws Amended



Mixopathy Strike



Relay hunger strike by EOGeans



Whole-day Fast by Founder President



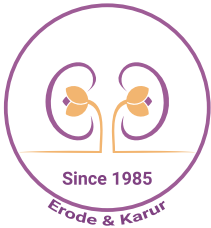
Media coverage



First EC meeting



OG seminar@Collectorate



# ABIRAMI KIDNEY CARE

## Dr. THANGAVELU HOSPITAL



### A KIDNEY AND LIVER TRANSPLANT APPROVED CENTRE

#### OUR SERVICES

NEPHROLOGY  
UROLOGY  
LIVE RELATED & CADAVERIC RENAL TRANSPLANTATION  
OBSTETRICS AND GYNAECOLOGY  
INFERTILITY  
LIVE RELATED & CADAVERIC LIVER TRANSPLANTATION  
GENERAL MEDICINE & DIABETOLOGY

#### OUR FACILITIES

HITECH 50 BEDDED NEPHRO-URO CARE HOSPITAL  
7 BEDDED INTENSIVE CARE UNIT  
DUAL MODULAR OPERATION THEATRE WITH LAMINAR FLOW  
DIALYSIS & VIP DIALYSIS  
DIABETIC RETINOPATHY  
24\*7 EMERGENCY SERVICES  
FULLY AUTOMATED CLINICAL LABORATORY  
DIGITAL X-RAY / ECG / ECHO  
ULTRASOUND / CT SCAN  
PHARMACY



ERODE

### FIRST DIGITAL HOSPITAL IN ERODE

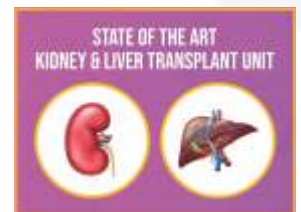


KARUR



## ABIRAMI WOMENS CARE

A unit of ABIRAMI KIDNEY CARE - DR. THAGAVELU HOSPITAL



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