



ASIAN SOCIETY OF CONTINUING MEDICAL EDUCATION

ZEST Talk with Experts

ZEST Talk with Experts was held at **Raichak**, India under the banner of Asian Society of Continuing Medical Education.

The CME was designed to get all the Gynecologist & General Physician one platform for exchanging their views and sharing their clinical experiences with others about the challenges in the Diagnosis and Management of Idiopathic Recurrent Miscarriage, Future directions in RPL, Predicting Preterm Labor and Management of Preterm Labor, What's new in Preterm Labor, Diagnosis and Management of PCOS in Adolescent Girls, Managing PCOS associated infertility & Surgical interventions in Obese PCOS. Well known Gynecologist were invited to share their knowledge and Experience.

The Introductory speech was given by ASCME. He emphasized the main role played by Asian Society of Continuing Medical Education.

Date : 23th July 2022

Venue : Raichak (Singhalgunjabad), West Bengal India

Total Participants : 19



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AGENDA

23th July 2022 (Day 1)

Time: 5:00 p.m. to 9:00 p.m.

| Topics | Timings | Speakers |
|--|------------------------|--|
| Registration: 5:30 p.m. to 6:00 p.m. | | |
| Welcome speech and Introduction | 6:00 p.m. to 6:15 p.m. | Dr. Aindrila Basu |
| Moderator: Dr. Aindrila Basu | | |
| Diagnosis and Management of Idiopathic Recurrent Miscarriage | 6:15 p.m. to 7:00 p.m. | Dr. Suparna Banerjee |
| Question and Answer Session | 7:00 p.m. to 7:15 p.m. | |
| Panel Discussion | | |
| Future directions in RPL | 7:15 p.m. to 7:45 p.m. | Dr Siuli Choudhury, Dr Joyita Dey, Dr Manjushree Halder, Dr Nibedita Roy Gaheer |
| Tea & Coffee Break | 7:45 p.m. to 8:00 p.m. | |
| Moderator: Dr. Aindrila Basu | | |
| Predicting Preterm Labor and Management of Preterm Labor | 8:00 p.m. to 8:45 p.m. | Dr Shabana Munshi, Dr Rangan Bhattacharya |
| Question and Answer Session | 8:45 p.m. to 9:00 p.m. | |
| Panel Discussion | | |
| What's new in Preterm Labor | 9:00 p.m. to 9:30 p.m. | Dr Swaralipi Mishra, Dr Sanjukta Sarkar, Dr Zulekha mallick, Dr Sujhata Bhattacharjee |
| Dinner | 9:30 p.m. Onwards | |





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AGENDA

24th July 2022 (Day 2)

Time: 9:00 a.m. to 12:00 p.m.

| Topics | Timings | Speakers |
|--|--------------------------|---|
| Welcome speech and Introduction | 9:00 a.m. to 9:15 a.m | Dr Paramita Ghosh Hazari |
| Moderator: Dr Paramita GhoshHazari | | |
| Diagnosis and Management of PCOS in Adolescent Girls | 9:15 a.m. to 10:00 a.m. | Dr Jayeeta Roy Mitra |
| Question and Answer Session | 10:00 a.m. to 10:15 a.m. | |
| Panel Discussion | | |
| Managing PCOS associated infertility | 10:15 a.m. to 10:45 a.m. | Dr Sayantani Sengupta, Dr Varsha Saboo, Dr Kakoli Pal |
| Tea & Coffee Break | 10:45 a.m. to 11:00 a.m. | |
| Moderator: Dr. Paramita GhoshHazari | | |
| Surgical interventions in Obese PCOS | 11:00 a.m. to 11:45 a.m. | Dr Rhea Chanda, Dr Manjushree Halder |
| Question and Answer Session | 11:45 a.m. to 12:00 p.m. | |





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Summary of ZEST Talk with Experts

- The ASCME was conducted at Srinagar, India. It was aimed to bring together the well-known Gynecologist and General Physician on one platform for exchanging their views and sharing their clinical experiences with each other's about the challenges in management and its associated spectrum of complications.
- In this ASCME, different topic such as Diagnosis and Management of Idiopathic Recurrent Miscarriage, Future directions in RPL, Predicting Preterm Labor and Management of Preterm Labor, What's new in Preterm Labor, Diagnosis and Management of PCOS in Adolescent Girls, Managing PCOS associated infertility & surgical interventions in Obese PCOS.
- **Dr. Aindrila Basu** chairperson for **ZEST Talk with Experts 2022 (Day 1)** inaugurate Forum to discuss and share important point on given agenda topic.
- **Dr. Suparna Banerjee** shares some points on **Diagnosis and Management of Idiopathic Recurrent Miscarriage that** occurs Recurrent pregnancy loss (RPL) affects 0.7%–1.9% of women, causing significant psychological harm for couples and increasing the risk of adverse obstetric conditions. We demonstrate marked variations in current RPL investigation and management across the India. ESHRE guidance recommends investigation of women with 2 losses. With regards to idiopathic RPL management, lifestyle changes and supportive care emerged as the most used tools. Progesterone and folic acid were rated as most effective, being more likely to be offered. *She also added that* Progesterone use for idiopathic RPL management was suggested in two systematic reviews and meta-analyses. A high percentage of respondents identified vitamin D and multivitamin supplementation as effective treatments they would definitely suggest, which may reflect routine antenatal care guidance. Interestingly, only ~60% confirmed vitamin D use. Whether this reflects low-dose supplementation or higher treatment doses is unclear but of interest. Aspirin appears widely utilised for idiopathic RPL management. Some evidence suggest that aspirin may increase the risk of miscarriage in women without thrombophilia and empirical treatment is not supported. Moderator: **Dr. Aindrila Basu** has been same.
- **Question and Answer session has been held on the pervious topic.**





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- **Dr Nibedita Roy Gaheer, Dr Siuli Choudhury, Dr Joyita Dey, and Dr Manjushree Haldar**, who had a Panel Discussion on **Future directions in RPL** said: Key Points for Future directions in investigating biomolecular risk factors for RM rely on integrating alternative approaches (DNA variants, gene and protein expression, epigenetic regulation) in studies of individual genes as well as whole genome analysis.
 - Leptin may play a role in preventing miscarriage and could be used as a predictor of pregnancy continuation.
 - Clinical use of markers to evaluate endometrial receptivity and serum measurements of IL-1, 8, TNF alpha has been hypothesized to improve the management of recurrent abortion.
 - Therapeutic interventions include monoclonal antibodies against the TNF- α molecule (adalimumab) or against soluble TNF- α receptors (etanercept). G-CSF was also found to have a positive effect on RPL patients.
 - G-CSF reduces the cytotoxicity and IFN- γ secretion of dNK.Moderator: **Dr. Aindrila Basu** has been same.
- **Dr. Shabana Munshi and Dr. Rangan Bhattacharya** share their viewpoint on **Predicting Preterm Labour and Management of Preterm Labour**: Preterm labour is the onset of regular uterine contractions associated with progressive cervical change between viability and 37 completed weeks of gestation. The incidence is between 5% and 10% in most developed nations. Also, talk about how Management of preterm labour should be directed towards establishing the cause, ensuring delivery under optimal conditions, and consideration of the pros and cons of delaying delivery to increase gestational age. In practice, this means that women admitted in threatened preterm labour should be appropriately assessed to determine the optimal time for delivery. The decision should be based on a risk–benefit analysis for each individual. The main pharmacological considerations are whether to administer antibiotics, steroids or tocolytics. Moderator: **Dr. Aindrila Basu** has been same.
- **Question and Answer session has been held on the previous topic.**
- **Dr. Sujhata Bhattacharjee, Dr Swaralipi Mishra, Dr Sanjukta Sarkar, Dr Zulekha mallick** had a **panel Discussion on What's new in Preterm Labour**: Explain the concept of preterm birth (PTB). It defined as birth at >20 and <37 completed weeks of gestation. Despite decades of research, PTB remains a major obstetric healthcare problem of global significance, PTB is the single major cause of death and disability in children up to 5 years of age in the developed world and the leading single cause of global perinatal mortality and morbidity, approximately 15 million babies are born preterm each year worldwide, and a million of these children die. The PTB prevention landscape has altered significantly in the last decade or so, with the mainstream introduction of dedicated PTB prevention clinics, trans-vaginal ultrasound cervical length screening





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programs, and progesterone administration to women at high risk. Moderator: **Dr. Aindrila Basu** has been same.

- **Dr. Paramita Ghosh Hazari** inaugurate Forum for **ZEST Talk with Experts 2022** (Day 2) to discuss and share important points on the given agenda topic.
- **Dr. Jayeeta Roy Mitra** discusses her experience with **PCOS Diagnosis and Management in Adolescent Girls**: PCOS is a common reproductive health disorder that affects young women as they move through puberty and into adulthood. Young women may experience a range of menstrual abnormalities and infertility, as well as other clinical complications associated with androgen excess, obesity, and insulin resistance. As such, HRQL can be significantly affected. Fortunately, there are effective medications to treat PCOS and its associated clinical symptoms. Use of adolescent-friendly clinical, mental health, and consultative cosmetology services may facilitate building an interdisciplinary team to support patients and families affected by the disorder
Non-pharmacologic Menstrual management: Lifestyle Changes, such as weight loss and lifestyle modifications to include exercise, can contribute to improved menstrual regularity. *Pharmacologic Interventions* Menstrual management: Pharmacologic therapies are important strategies for managing the endocrine features of PCOS and combined estrogen-progesterone OCPs have been the mainstay of pharmacologic treatment for most patients who are not actively seeking pregnancy. OCPs decrease LH levels and decrease androgen synthesis while also increasing sex hormone-binding globulin levels and testosterone binding. Moderator: **Dr. Paramita Ghosh Hazari** has been same.
- **Question and Answer session has been held on the pervious topic.**
- **Dr. Sayantani Sengupta, Dr. VarshaSaboo and Dr. Kakoli Pal** had a serious **Panel Discussion on Managing PCOS Associated Infertility**: share overview on PCOS is a complex reproductive, metabolic, and psychological disorder characterized by a variety of clinical manifestations and is a major cause of infertility. Lifestyle changes should be considered first-line treatment recommendation for PCOS related infertility, before resorting to pharmacological options. Ovulation induction is the next step, being letrozole the first choice, followed by CC. In women who have failed first line oral ovulation induction therapy, gonadotropins are the next line. For women who do not become pregnant with ovulation induction drugs or have additional infertility factors, ART or LOD can be used. Moderator: **Dr. Paramita Ghosh Hazari** has been same.
- **Dr. Rhea Chanda, Dr. Manjushree Haldar** spoke about **surgical interventions in Obese PCOS Patients**: Polycystic ovarian syndrome (PCOS) is the most common endocrine disorder in women. To meet PCOS criteria, women must have a combination of hyper-androgenism, anovulation and ultrasound findings. Almost 10% of all





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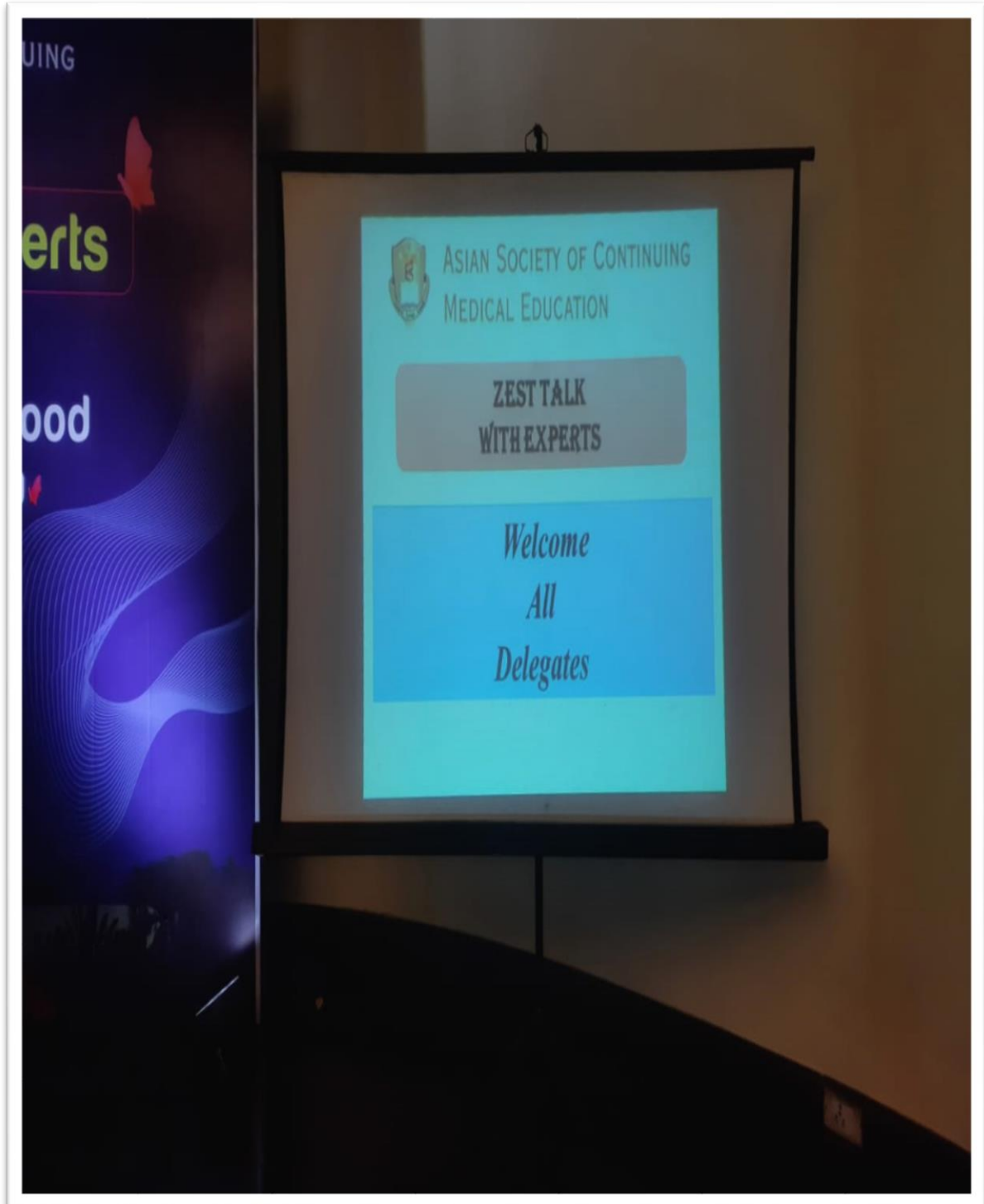
reproductive age women worldwide show signs of PCOS. Bariatric surgery has been available for decades. Most procedures are now performed laparoscopically. Although various procedures have been described and attempted, the 3 most common procedures performed are laparoscopic adjustable gastric banding (LAGB), laparoscopic roux-en-Y gastric bypass (LRYGB) and laparoscopic sleeve gastrectomy (LSG). LAGB involves a band around the proximal stomach which can be progressively inflated and tightened *via* a subcutaneous port. LRYGB involves surgical diversion of a smaller pouch of stomach to the jejunum. Since many adolescents have PCOS, the evidence, concerns and outcomes in this special patient population will be discussed. Finally, reproductive and pregnancy concerns will be summarized in order to gain a more complete perspective on the potential benefits and concerns of bariatric surgery in these women.





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PHOTOS

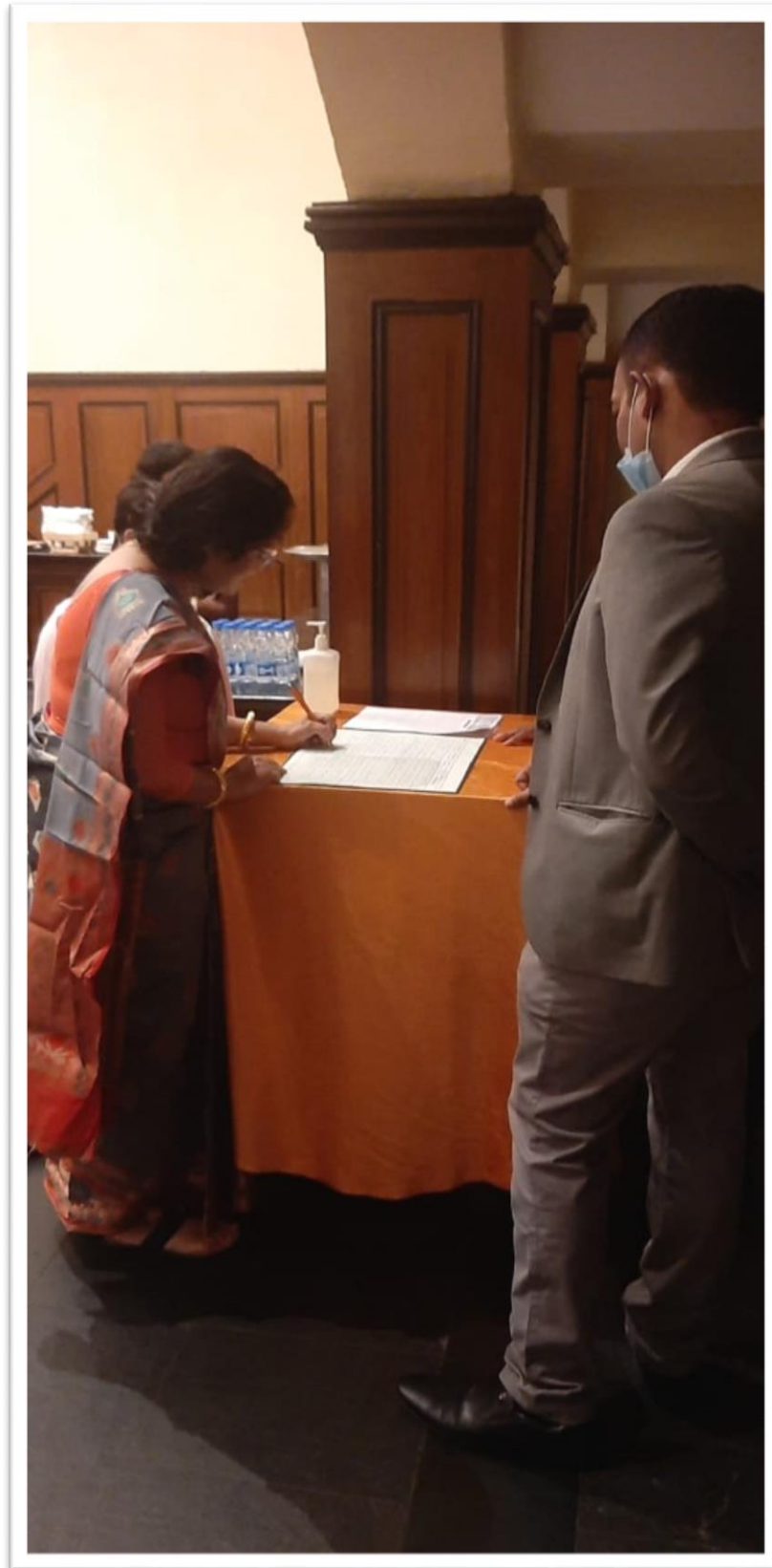


Welcome to ZEST Talk with Expert -2022





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Registration to ZEST Talk with Expert





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Q&A session





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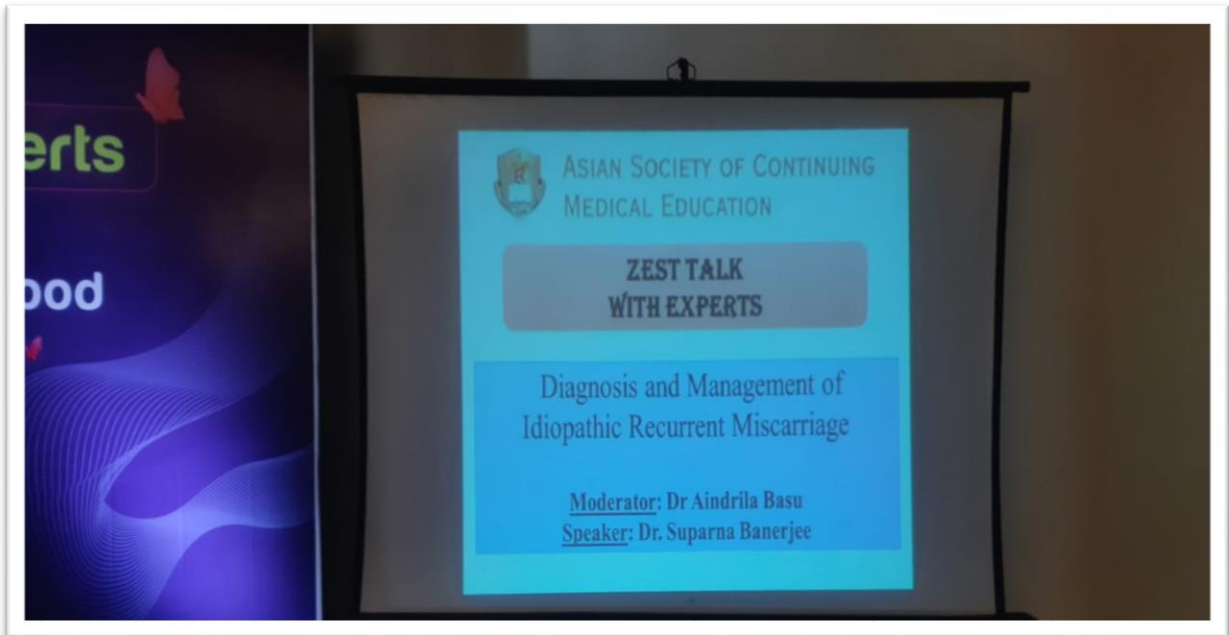
Panel Discussion Session



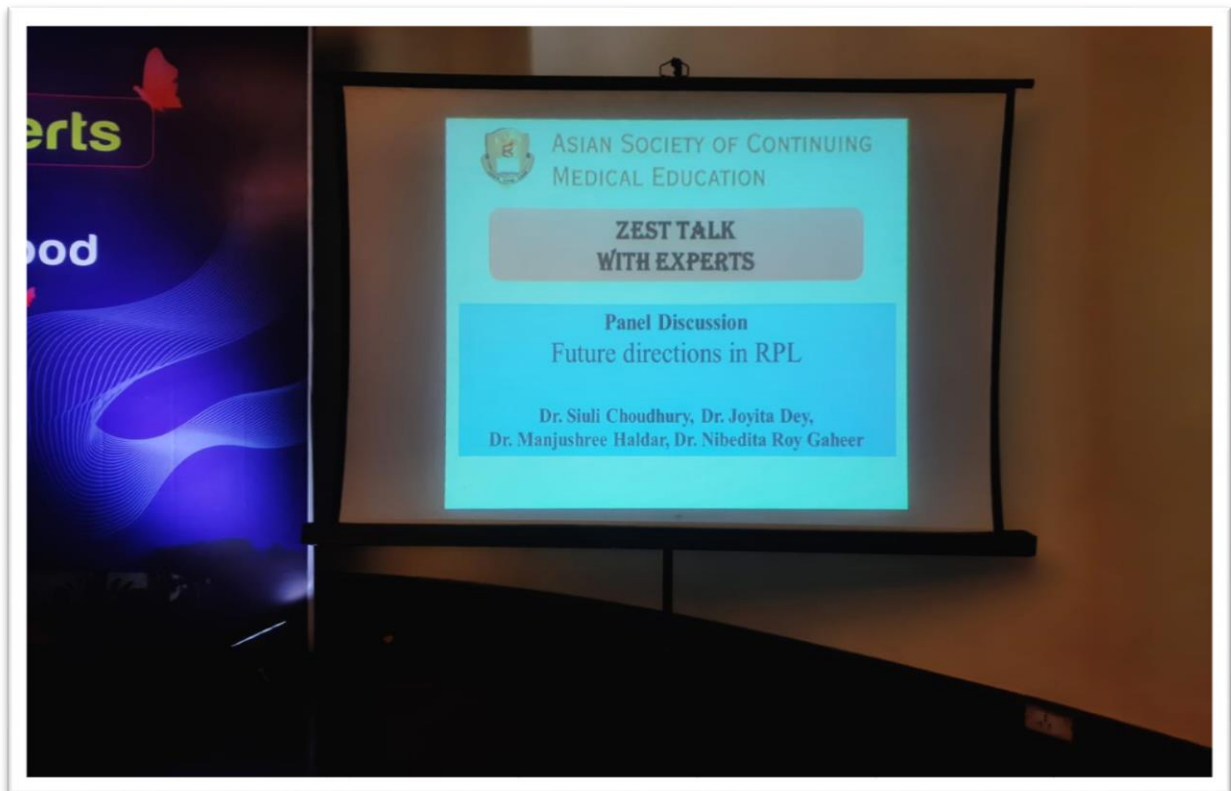


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SESSION PPT



PPT Presentation on Diagnosis and Management of Idiopathic Recurrent Miscarriage

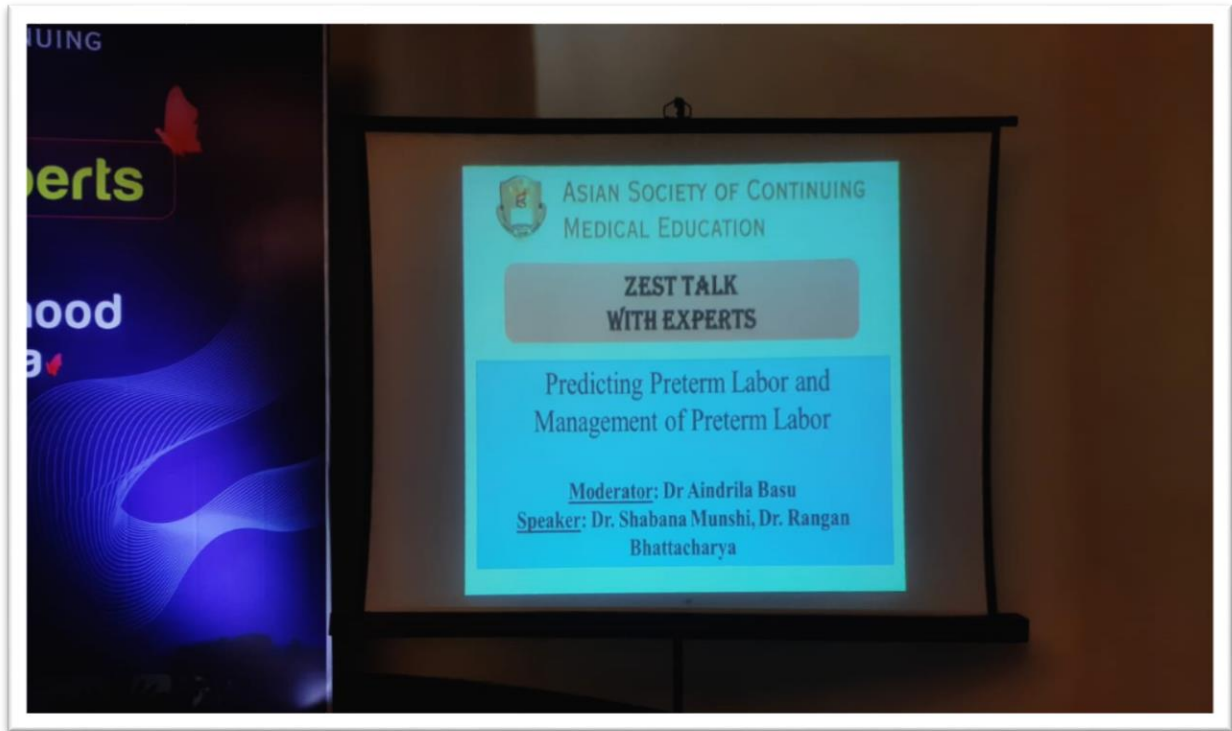


PPT Presentation on Future directions in RPL

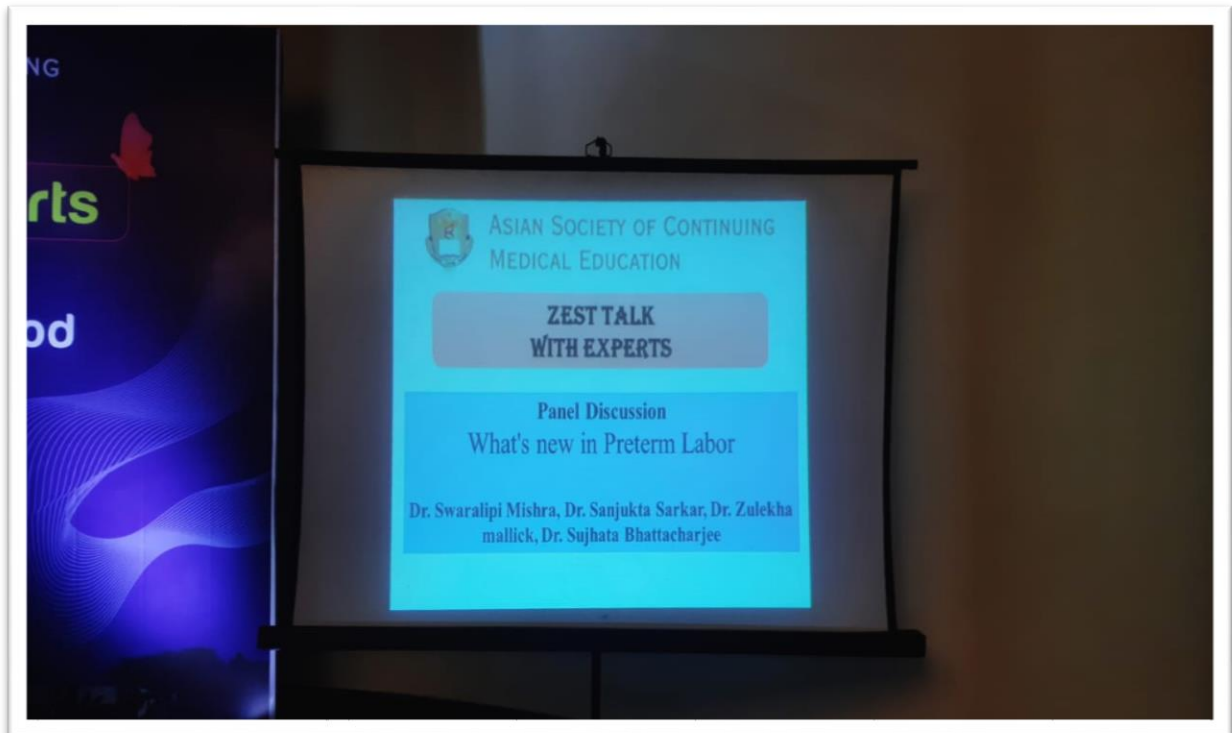




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PPT Presentation on Predicting Preterm Labor and Management of Preterm Labor

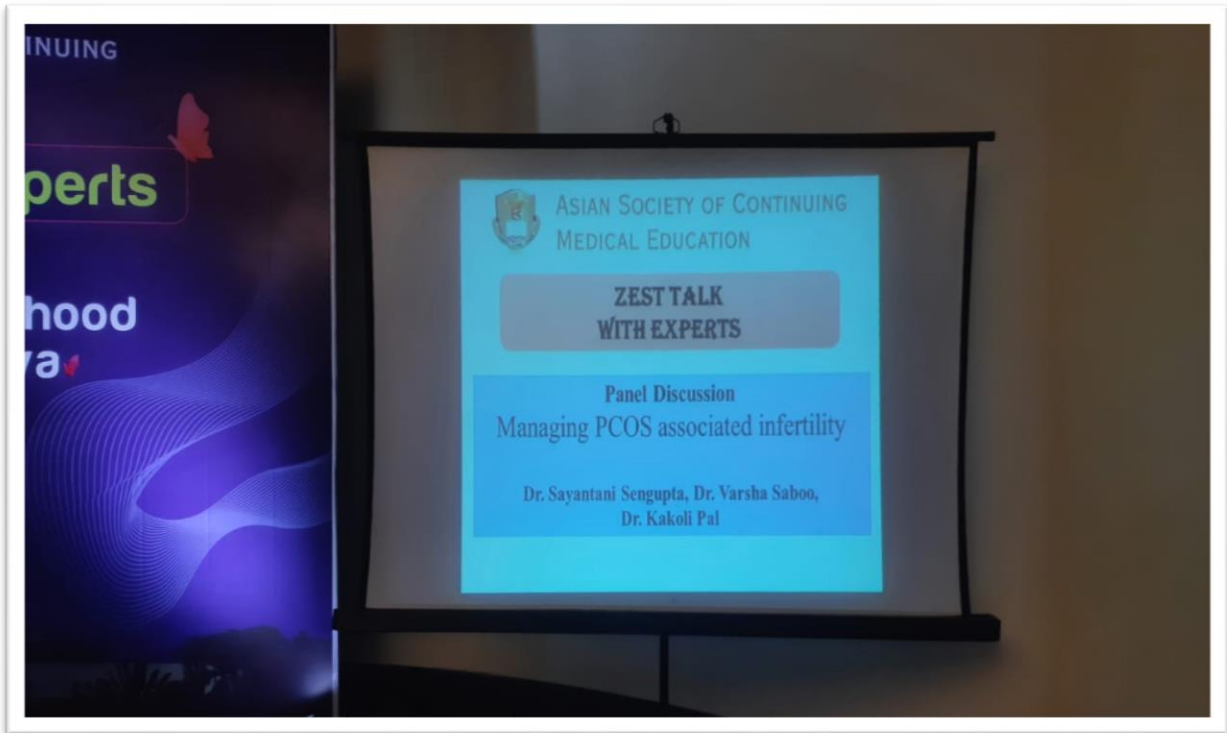


PPT Presentation on What's New in Preterm Labor

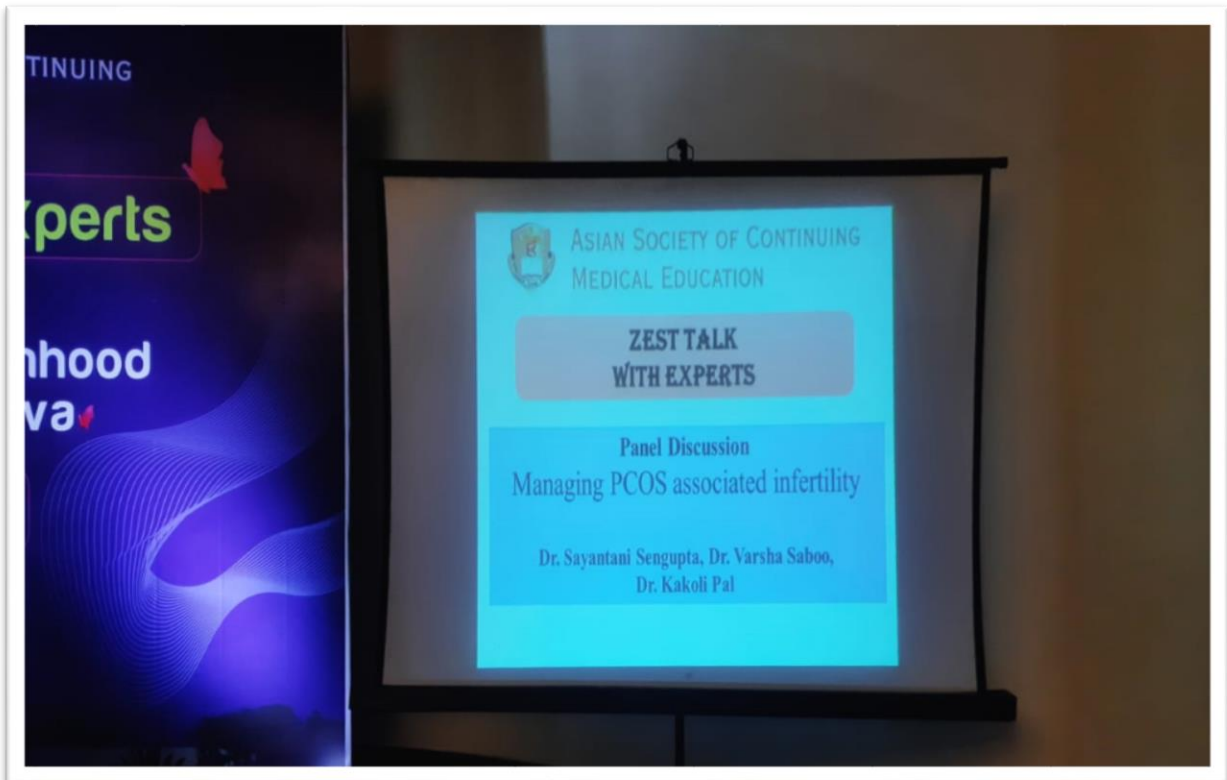




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PPT Presentation on Managing PCOS Associated infertility



PPT Presentation on Surgical intervention in obese PCOS





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PPT ON Surgical intervention in Obese PCOS

