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REALISE YOUR DREAM

Women's wellness is of great significance, because her emotional wellness is far more entrenched in her physical wellness than in the case of men.





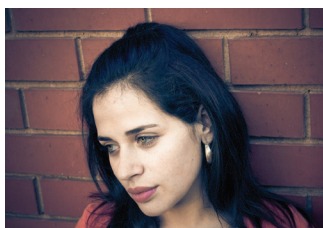
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PCOS: DON'T PANIC,
UNDERSTAND IT-DEAL WITH IT
LAUGHTER THERAPY



Mail box

Dear Sir,

I have a daughter who is getting married next month. I was thinking about having a frank discussion with her about pregnancy and childbirth. It was then I stumbled upon 'pregnancy special' - your last issue. It was so full of information that it contained everything that I wanted to tell my daughter. So, I have preserved this copy which I plan to gift her when she leaves home after the wedding. I am sure it would remain a special gift. Thank you Womens Center, thanks a ton!

P.R. Seethalakshmi
Ganapathy
Coimbatore

Dear Sir,

My wife is expecting her first child in the next few months. We live in the city with no elderly support and there is no one to guide her about the precautions she needs to take, what she should eat and what she should not among other things. It was then I received a copy of your newsletter (last issue) which contained every bit of information couples like us need. You are doing a great service and thank you from the bottom of my heart.

R.Krishnamoorthy
Tatabad
Coimbatore

Dear Sir,

I have been regularly receiving your newsletter. I must say each issue is coming out well, especially, in terms of articles that are meant for laymen. However, I find that it is lacking in terms of technical articles which would be highly useful for the medical fraternity, especially, budding medical professionals. I hope you will include such articles/papers presented at international seminars in the upcoming issues.

Dr.K.T.John
Gandhi Nagar
Hyderabad



Editor's Desk



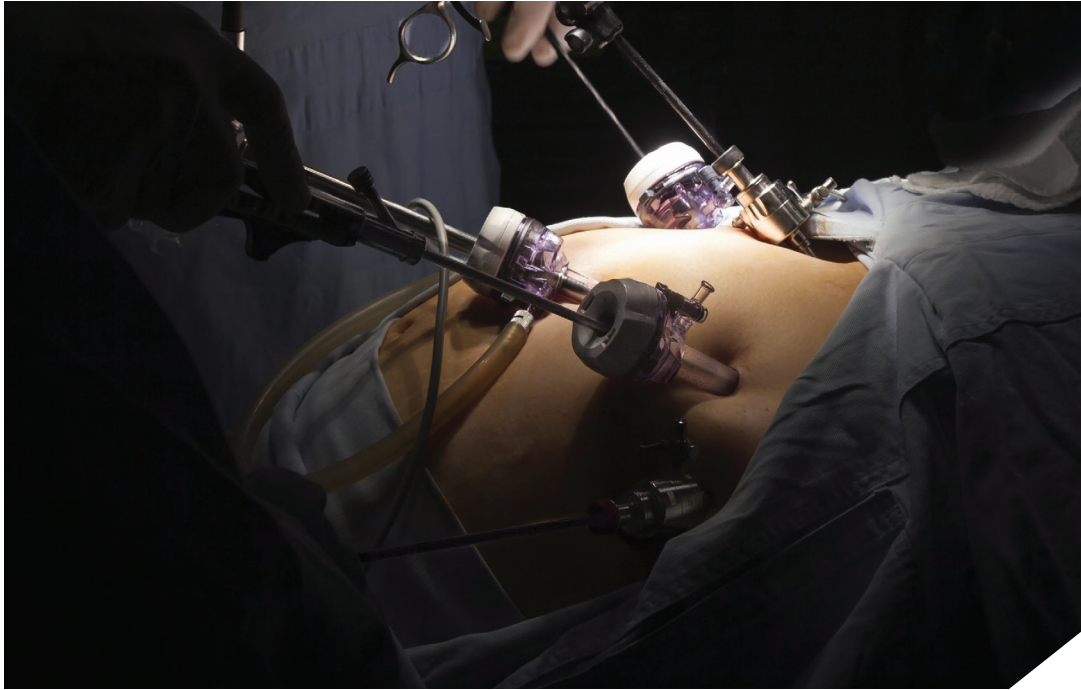
Dear Reader,

I hope you enjoyed reading the last issue which was a pregnancy special. Moving forward, we continue our efforts to disseminate medical information to enable you to lead a healthy and happy life. We are now dedicating the current issue exclusively for women and the fertility problems they face, because there is a need to create greater awareness in women. There is also the need to create awareness among men about the emotional trauma women undergo at different phases of their life. We owe this much to women, because, any society that ignores her will continue to remain in darkness. I am reminded of the Sanskrit couplet: Atrā Naryastu Pujyante Ramante Tatra Devata/Yatra itaastu Na Pujyante Sarvaastatrafalaah Kriyaah (Divinity blossom where women are honoured/And, where they are dishonoured all actions remain unfruitful). The current issue contains articles which deal with various factors which cause infertility among women, symptoms and the treatments available. There is no denying the fact that infertility has become one of the major health issues in today's society. But, the good news is most such issues are solvable. Despite this, it is better to lead a healthy life that is free from stress and strains. It would also do a world good, if you eat the right food and follow a strict regimen of exercise. It is also important to plan your family early, because, it becomes rather difficult for a woman who has crossed the age of 35 to get pregnant. Most people who follow these simple rules of life should be able to achieve pregnancy without ever needing to visit a fertility specialist. So, if you are over 30 years, and if you were having unprotected sex for over a year and if you are still not successful in achieving pregnancy, then it is time you visited us. Most often a simple procedure like regulating the menstrual cycle should take care of the problem. But to get to that you also need to be aware of the issues which cause infertility and their symptoms. That is what we are doing here, creating better awareness, creating a better and healthy you!

With Best Regards,
Yours Sincerely,



Dr.K.S.Govindarajan
Editor-In-Chief



LET'S HELP YOU WITH LAPAROSCOPY TO **REALISE YOUR DREAM**

WOMEN'S WELLNESS IS OF GREAT SIGNIFICANCE, BECAUSE HER EMOTIONAL WELLNESS IS FAR MORE ENTRENCHED IN HER PHYSICAL WELLNESS THAN IN THE CASE OF MEN. A LOT HAPPENS INSIDE WOMEN PARTICULARLY DURING MENSTRUATION CYCLES.

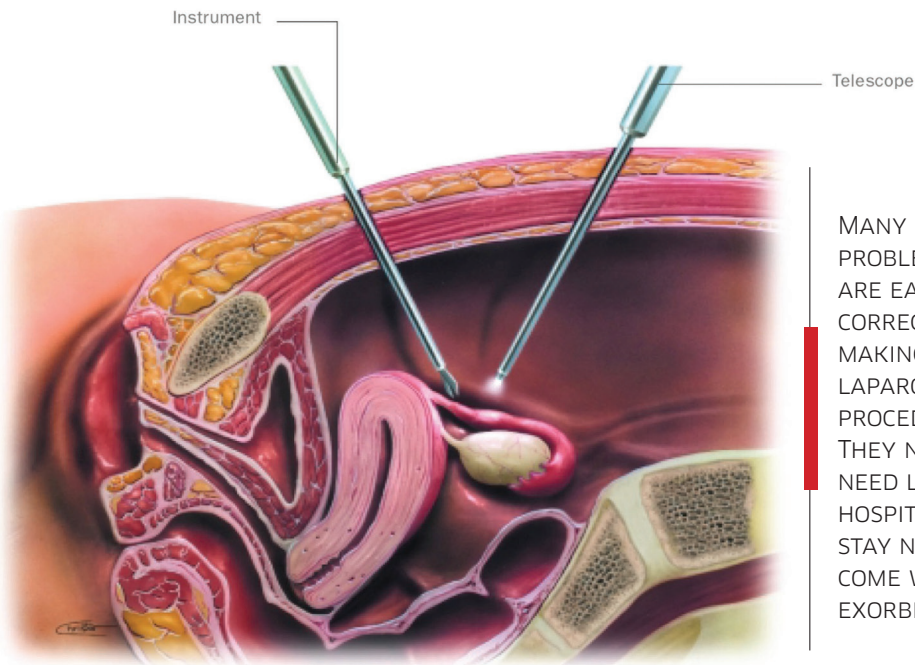
By Dr.Ramya Jayaram

"A woman has to live her life, or live to repent not having lived it," D.H.Lawrence, the famous English novelist, poet, playwright, essayist, literary critic and painter, remarked once. The world around has changed a lot since the time of Lawrence and the status of woman too has changed for the better. Still, she continues to be wronged by the man who does not treat her equally. Hence, instead of living her life, she continues to live repenting not having lived it! That brings the focus on wellness – a healthy combination of physical, emotional and spiritual balance – which gives women a feeling of contentment and fulfillment.

Women's wellness is of great significance, because her emotional wellness is far more entrenched in her

physical wellness than in the case of men. A lot happens inside women particularly during menstruation cycles. A lot happens inside her when she ages. A lot happens when she gains those extra kilos. A lot happens when she reaches the doors of menopause. At every stage, she pauses in bewilderment...confusion...stares at the dark path that lies ahead...begging and beseeching the man to hold her hands. But that seldom happens.

How can man treat the woman like this, especially, when the sustenance of human race depends on her? In other words, it means the world needs to keep the women fertile and fertility is not just a bodily thing. It has also a lot to do with mind. So, there is a need to address the physical issues behind women's infertility



MANY OF THESE PROBLEMS ARE EASILY CORRECTIBLE MAKING USE OF LAPAROSCOPIC PROCEDURES. THEY NEITHER NEED LONG HOSPITAL STAY NOR DO COME WITH AN EXORBITANT COST.

attaching equal importance to emotional trauma they undergo. There, in fact, are a number of issues that interfere with a woman's ability to conceive a pregnancy and the most common problems include endometriosis, pelvic adhesions, ovarian cysts and uterine fibroids.

Many of these problems are easily correctible making use of laparoscopic procedures. They neither need long hospital stay nor do come with an exorbitant cost. That brings in the question: What is laparoscopy? Some women already know the answer. However, there are lots of women who do not know what the procedure means, how it works or how it can fix the issues they face with absolute ease and effectiveness. So, laparoscopy (also called endoscopy or pelviscopy), for those who do not know, is a surgical procedure during which a telescope is inserted inside the abdomen through a small cut below the navel. This procedure enables the surgeon to have a clean view at the pelvic organs in the infertile women. This procedure helps in the accurate diagnosis of many problems which cause infertility including damaged tubes, endometriosis, adhesions and tuberculosis. The procedure is done using general anesthesia which means the patient is completely asleep when the surgical team is on the job.

Laparoscopy has specific advantages in fixing infertility issues which otherwise could be missed.

For instance, a woman who has severe endometriosis can be identified using ultrasound. However, in the case of women suffering from mild endometriosis identification of the problem can be done only through laparoscopic surgery. Endometriosis is a common disease and a very painful condition. It develops when tissue resembling endometrium starts growing outside the womb. Its most common symptoms include painful menstruation cycles, tummy pain, painful intercourse and, of course, infertility.

Pelvic adhesion is another infertility condition which only a laparoscopy procedure can identify. Known as scar tissue, you cannot see adhesions using ultrasound, X-rays or CT scans. Adhesions, if not treated, can blunt a woman's ability to conceive by not allowing the egg to get into the fallopian tube at the time of ovulation.

Laparoscopic procedure requires different set of skills compared to traditional surgery. However, the risks associated with laparoscopy are similar to the ones which arise out of conventional surgery including problems from anesthesia, bleeding, infections and the possibility of causing damage to internal organs. If the results are found abnormal after the laparoscopic procedure, it is possible for the doctors to treat the problems during the same surgery. In some cases, adhesions, endometrial growths, cysts and fibroids can be removed.

It is also possible to open the fallopian tubes if they are blocked and in case of a ectopic pregnancy, it is also possible to remove the abnormal pregnancy and repair tissue damage, if any. And, in certain cases, the doctors would need to remove the entire fallopian tube. Post-laparoscopic procedure involving the removal of fibroids or scar tissue in case of endometriosis or repair to fallopian tubes it should generally be possible to get pregnant without help or any further treatment.

At Womens Center, we have the most modern technology and state-of-the-art infrastructure. They, together, help in the process of diagnosis and allow you to stay relaxed. The Center has the best team of medical experts, who post-diagnosis can then recommend appropriate line of treatment suitable to the needs of the patients. But do remember: If you are not successful in achieving pregnancy, it need be as a permanent situation. We can correct your issues. We can help you realise the mother inside you. We can help you discover your bundle of joy. We can help you sing all those lullabies which you have most affectionately reserved for the little one or the little ones, that is, in case luck is slightly on the upper side of your destiny!

AT WOMENS CENTER, WE HAVE THE MOST MODERN TECHNOLOGY AND STATE-OF-THE-ART INFRASTRUCTURE. THEY, TOGETHER, HELP IN THE PROCESS OF DIAGNOSIS AND ALLOW YOU TO STAY RELAXED.



WOMENS CENTER HAS CUTTING-EDGE 3D LAPAROSCOPIC SYSTEM

Since the introduction of laparoscopy almost 30 years ago, the surgeon has been confronted notably with the loss of binocular vision and a reduction in dexterity. Although the implementation of minimally invasive surgery has gained acceptance in all surgical fields, the drawbacks of 2D laparoscopy are real and explain the technical difficulty. The 2D laparoscopy has also its share of technical difficulties when it comes to performing advanced and complex procedures like liver and pancreatic surgeries.

Exact depth perception inside human body is essential for any laparoscopic procedure. Depth Perception is the visual ability to judge the relative distance of objects and spatial relationship of objects at different distances. Normal human vision uses several cues to determine relative depth in a perceived scene with varied eyeball focus.

The new 3D system at Womens Center offers the surgeon excellent depth of field combined with outstanding hand-eye coordination. This first-class stereoscopic 3D imaging system is particularly valuable for activities such as suturing

and knotting that demand a high degree of spatial perception. Besides providing FULL HD, it significantly improves efficiency and patient safety in the operating room.

Why 3D System?

It is secure, precise, more advanced and with total depth useful for tissue differentiation, increasing speed and efficiency of surgeries. It also eliminates the movement artifacts occurring in 2D image.

How does it benefit patients?

- Offers high safety assurance and avoids complications
- Speeds up administration of anesthesia and surgical procedure
- Early recovery

How does it benefit doctors?

- Offers intensified depth perception
- Results in precision surgery
- Provides high resolution with utmost comfort
- Gives incredible 3D images



There are a variety of issues which causes infertility among women. One such serious issue is Polycystic Ovarian Syndrome (PCOS).

PCOS is a condition in which a woman's levels of the sex hormones, namely, estrogen and progesterone are out of balance. Disharmony of the sex hormones results in ovarian enlargements and

country, mostly from the East, suffer from PCOS. That shows the enormity of the problem that our women face and also the need for greater awareness so that the problems arising of this condition could be effectively tackled.

The PCOS symptoms may vary from individual to individual. They include excessive weight gain, erratic

BMI <25



APCOD

Myoinositol 4 gm/day
(1 Sachet BID)

With Best Compliments from:



Innovation with Science

BMI >25



APCOD-OBIS

40 : 1 of MI : DCI
4 gms : 100 mg / Day
(1 Sachet BID)

Address PCOD the Right Way

changes that appear like small cysts in the ovary. This condition can negatively impact a woman's menstrual cycle. It can play spoilsport with her fertility besides cardiac function and the physical appearance.

Studies reveal that the incidence of PCOS is on the rise in India. It is predominantly seen in the child bearing age group of 15 to 30 years. A study conducted some two years back revealed that about 18 per cent of women or one in five women in the

or completely absent menstruation, ovarian cysts, hirsutism or excessive growth of hair on the face, chest, stomach, thumbs or toes, acne, skin tags, decreased breast size, thin hair, pelvic pain, anxiety, depression, exhaustion or lack of mental alertness, decreased sex drive and also infertility. Many women afflicted with PCOS also have other concurrent health problems like diabetes, hypertension and high cholesterol though per se they are not symptoms of the disease.

FERTILITY PROBLEMS

Ovulation Problems

A common problem in women with infertility. Occurs when eggs don't mature in the ovaries. Or when ovaries fail to release a mature egg.

Symptoms

Absent or infrequent periods.
Unusually light or heavy menstrual bleeding.
Lack of premenstrual symptoms like bloating or breast tenderness.

Solutions

Managing body weight.
Fertility drugs with or without artificial insemination IVF.

Poor Egg Quality

A condition in which the quality and number of eggs the ovaries produce start declining. Decline particularly pronounced in women above 35 years.

Symptoms

Decline particularly pronounced in women above 35 years.

Solutions

Fertility drugs
IVF using one's own eggs.
IVF with donor eggs
Donor embryos.

IN WOMEN

Endometriosis

Occurs when tissue normally found in the lining of the uterus grows outside, usually in the abdomen or pelvis.

Symptoms

Painful periods or intercourse.
Heavy bleeding or unusual spotting.
General pelvic pain
Some women have no symptoms.

Solutions

Surgical removal of endometrial tissue.
Surgical opening of blocked Fallopian tubes.
Fertility drugs with or without artificial insemination IVF in severe cases.

Polycystic Ovarian Syndrome (PCOS)

A condition in which small follicles in the ovaries don't develop into larger, mature follicles.
Also characterized by hormone imbalances and unpredictable ovulation patterns.

Symptoms

Irregular periods
Excessive hair growth.
Acne.
Obesity.

Solutions

Lifestyle modifications.
Myo inositol to address metabolic problems.
Fertility drugs to induce ovulation IVF.

Tubal factors

Blocked or damaged Fallopian tubes
It prevents sperms from reaching the egg
Also prevents fertilized eggs reaching the uterus
Caused by pelvic inflammatory disease, sexually transmitted infections and previous sterilization surgery.

Symptoms

Normally this condition occurs with out any symptoms.
Pelvic pain.
Discomfort.
Abnormal discharge.

Solutions

Surgery to open tubes.
Removal of tubes
Damaged beyond repair before IVF.

Unexplained fertility problems

As the name suggests there is no obvious reason for this kind of infertility. It means all test results are normal. Some experts attribute this to subtle differences in the way reproductive system works. Some others theorize that it is triggered by lifestyle factors.

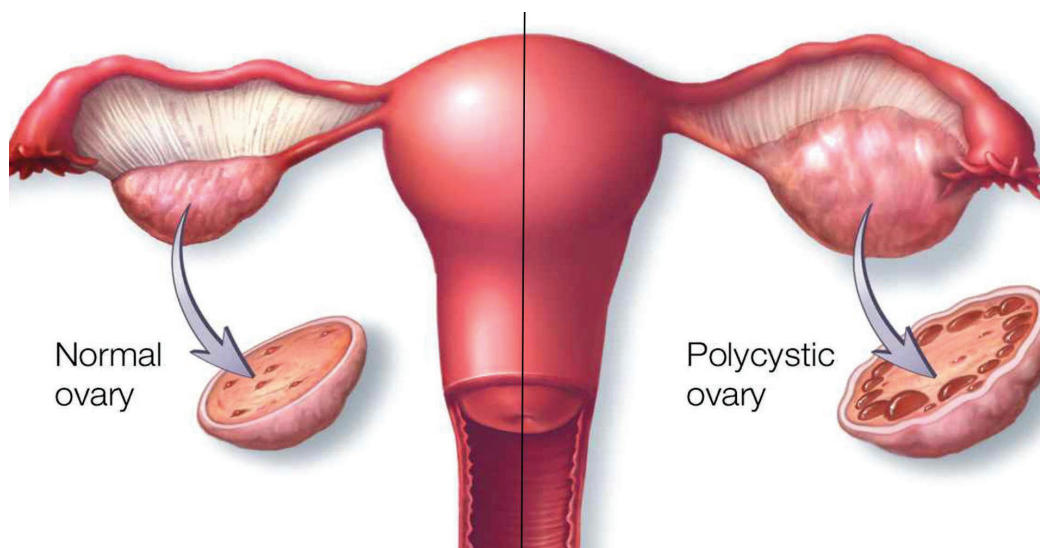
Symptoms

Symptoms
None.

Solutions

Fertility drugs with or without artificial insemination.
IVF.





WOMENS CENTER WHICH HAS A LONG TRACK-RECORD OF TREATING THIS CONDITION WITHOUT SURGERY AND WITH CONSIDERABLE SUCCESS RATE. BUT, IN CASE, YOU DECIDE TO NEGLECT THIS CONDITION, THEN DO UNDERSTAND THAT YOU COULD BE IN FOR BIG TROUBLE

Dr. Mirudhubashini Govindarajan
Clinical Director, Womens Center



There is no definitive test for PCOS. The process of diagnosis include reviewing one's medical history and symptoms, physical and pelvic examination to rule out enlarged ovaries, blood test to measure hormone levels, thyroid test to determine the amount of thyroid hormones one's body produces, fasting glucose to measure blood sugar levels and lipid level test to assess the amount of cholesterol in blood.

So, is PCOS a medically curable condition? The answer, unfortunately, is in the negative. But, it can be effectively managed and management revolves around controlling the symptoms and preventing the possibility of complications. Women diagnosed with PCOS and particularly those who are overweight must shift to a healthy diet and they should also go through a strict and regular exercise regime. This will help in regulating one's menstrual cycle and lower blood glucose levels. Other modalities to decrease sugar and insulin levels such as myo inositol/Metformin medical therapy may be used. Birth control pills may be used for those women, who do not plan pregnancy towards treating acne, regulating menstrual cycle, lowering levels of male

hormones like testosterone in the body. However, for those who want to achieve pregnancy physicians administer fertility drugs to aid ovulation. Surgery is only the very last resort and not needed in vast majority.

When a woman suffering from PCOS becomes pregnant she would need extra monitoring because of the higher possibilities of miscarriage, gestational diabetes and premature delivery. The bottom line is simple: Early diagnosis and treatment can lower the risk of such complications.

Have you been planning pregnancy without success? Do you suspect that you suffer from the PCOS symptoms described here? Then, it is time you walked into Womens Center which has a track-record of treating this condition with considerable success rate. But, in case you decide to neglect this condition, then do understand that you could be in for big trouble. Since PCOS is present in different ways in different age groups, not all the individuals can be treated the same way. The treatment should be tailored to the needs of the particular individual. We will have further updates on PCOS in the next few issues.



PCOS:DON'T PANIC, UNDERSTAND IT- **DEAL WITH IT**



PCOS CAN ACHIEVE PREGNANCY AND WOMENS CENTER CAN HELP THEM ACHIEVE THEIR LONG-CHERISHED DREAM USING ITS EXPERTISE AND CUTTING-EDGE TECHNOLOGY.

*Dr.Ramya Jayaram, MS (OG), Post Doctoral Fellow in
Endogynecology & Reproductive Medicine
Consultant (Reproductive Medicine), Womens Center*



PCOS is fast becoming a common problem for the women in India. Emerging statistics, in fact, paint a grim picture. The condition can give rise to a number of complications including infertility. Womens Center Consultant (Reproductive Medicine) Ms.Ramya Jayaram, however, maintains that it is not necessary for a person to jump in panic on hearing the term PCOS. In this interview she says the condition can be managed and controlled with relative ease. She also says that women with PCOS can achieve pregnancy and Womens Center can help them achieve their long-cherished dream using its expertise and cutting-edge technology. Excerpts:

What is the rate of infertility in women suffering from PCOS?

There are some women who ovulate occasionally while many others never. So, the rate of infertility is considered very high in women with polycystic

ovaries. They will find it difficult to achieve pregnancy and most of them will need appropriate treatment to improve the chances of pregnancy.

Is it possible for a woman diagnosed with PCOS to conceive?

Just because a woman suffers from PCOS does not stop her from achieving pregnancy. With appropriate fertility treatment, she has a very good chance of getting pregnant. In fact, majority of women with PCOS will be able to have a baby with fertility treatment.

Is PCOS a life-threatening condition?

It is estimated that about 10 per cent women and girls suffer from this complex hormonal disorder worldwide. In the absence of early diagnosis and appropriate treatment, PCOS can become a precursor to many life-threatening conditions





including type II diabetes, hypertension, cardiovascular diseases, stroke and kidney-related issues.

Is polycystic ovary fatal?

It is not. The condition comes with a number of complications. Yet, it can be controlled and managed by a few simple lifestyle changes or medication methods. But, the cardiovascular diseases it triggers can become fatal in the absence of precautionary measures.

What causes PCOS?

It is a million dollar question, because no one for sure knows the answer. However, evidence suggests definite genetic link to the disorder.

Can PCOS lead to cancer?

It can. Irregular periods or lack of periods can cause the endometrium to build up and become

thick. This thickening can lead to endometrial cancer.

Is IVF a good option?

It is a good option. In fact, for those who have failed to achieve pregnancy using other treatments have a brighter chance of getting pregnant using IVF provided they do the procedure at a high quality fertility center. Recent advances in IVF promise high success rate even while controlling multiple pregnancy risk.

How can Womens Center help those with PCOS?

We've the best medical team, most sophisticated technology, state-of-the-art infrastructure, desirable expertise and experience and proven track-record and a healthy success rate in fertility treatment using the most appropriate form of treatment based on individual needs/conditions including the IVF procedure.

LAUGHTER THERAPY



"If we gave you nice food, you'd want to stay here instead of going home to your loved ones."



WHAT IS TRENDING

SCIENTISTS DEVELOP MINIATURE FEMALE **REPRODUCTIVE TRACT**

THE BREAKTHROUGH ACHIEVEMENT CAN REVOLUTIONISE TREATMENT OF DISEASES AFFLICTING WOMEN'S REPRODUCTIVE ORGANS

Northwestern University, U.S. has developed a miniature female reproductive tract which fits in the palm of one's hand. Experts claim it could eventually change the future of research and treatment of diseases in women's reproductive organs.

This novel reproductive tract is developed using new 3-D technology called EVATAR and is made with human tissue. It enables the scientists to conduct the much-needed testing of new drugs for safety and effectiveness on the female reproductive system.

EVATAR, it is believed, will help scientists understand diseases of female reproductive tract such as endometriosis, fibroids, cancer and infertility. The ultimate goal is to use stem cells of an individual patient and create a personalized model

of her reproductive system.

EVATAR resembling a small cube contains 3-D models of ovaries, fallopian tubes, uterus, cervix, vagina and entire system with a special fluid pumping through performing the function of blood.

"This is nothing short of a revolutionary technology," said lead investigator Teresa Woodruff, a reproductive scientist and director of Women's Health Research Institute at Northwestern University Feinberg School of Medicine.

The organ models are able to communicate with each other via secreted substances including hormones, similar to the way they all work together in the body. The paper was published on March 28 in Nature Communications and the project is part of a larger National Institutes of Health effort to create "a body on a chip."



BEAT INFERTILITY WITH FERTILITY DIET

EAT ORGANIC VEGETABLES AND FRUITS, BECAUSE, THEY CONTAIN NO HERBICIDES OR PESTICIDES BESIDES THEY ALSO HAVE MORE NUTRITIONAL VALUE.

Are you getting intimidated by fertility issues? And, do you think that you are losing the battle? Then, it is time you considered the most powerful weapon – fertility diet – in your fight against infertility. Yes, a recent Harvard Research showed an 80 per cent decrease in infertility with lifestyle changes made by switching to a fertility diet. A paper presented in Obstetrics & Gynaecology revealed that those women who followed a combination of five or more lifestyle factors experienced more than 80 per cent less relative risk of infertility due to ovulatory disorders compared to women who engaged in none. So, it is now proven that a Natural Fertility Diet can go a long way in supporting your body in its reproductive efforts. So, how to switch to a Natural Fertility Diet? The following guidelines will help:

Eat organic vegetables and fruits, because, they contain no herbicides or pesticides besides they also have more nutritional value.

Eat organic, grass-fed, whole fat, raw dairy. They are good for congesting fertility issues like PCOS and Endometriosis. It is better to avoid dairy that is not organic.

Eat more cold water fish, because, they have essential fatty acids which aid in production of hormones, reduce inflammation and regulate menstrual cycle.

Go in for grass-fed, organic meat, because it is a source of essential fatty acids and proteins. It is also low in saturated fat.

Avoid raised chickens which are unclear. Look out for “cage free”, “free range” or “organic” in the label. It would be ideal to buy chicken from a local farm.

Eat grains in their whole, natural form, because, whole grains are filled with fiber, important vitamins and immune-supporting properties.

Eat high fiber foods with each meal, because, they can regulate blood sugar levels and reduce fertility issues such as PCOS.

Say ‘no’ to processed soy foods, because, they contain estrogen mimicking properties and can negatively impact your hormonal balance.

Avoid refined sugars or fruit juices (unless freshly juiced), because, concentrated sugar can throw off blood sugar levels and negatively impact immune system.

And, ensure to drink lots of clean, purified, filtered water daily and it is best avoid bottled water as some plastics can contribute to hormonal imbalance.



We take care of your health like a mother does!

It's not just about fertility. We take care of every conceivable health issue pertaining to women. We've the best infrastructure, the best environment and professionals, all done with an infectious smile, to give you personal care.



Womens Center

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Chennai | Coimbatore | Salem | Tiruchirappalli | Tuticurin

WE GIVE BIRTH TO MOTHERS, NOT JUST CHILDREN



"The moment a child is born, the mother is also born. She never existed before. The women existed, but the mother never," it's said. That is exactly what happens at Womens Center. For over three decades, it's successfully given birth to hundreds to thousands of healthy mothers and equally healthy children. It has the latest technology, expertise and experience. So get real if you think motherhood is a distant dream. Berth with Womens Center and witness the birth of motherhood in you. It can help find your bundle of joy!



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