

January 9, 2021  
**CME Workshop - BADHAI HO!**  
**Tackling the Pregnant PCOS**

Dear Friends and Colleagues,  
Greetings from "The PCOS Society of India". It gives us great pleasure in inviting you to participate in our diverse workshop on "Tackling the Pregnant PCOS" organized by "The PCOS Society of India".

**9th January 2021 | CME Workshop | 4.00 - 8.00 pm (IST)**

4.00 - 4.05 pm	<b>Welcome by Dr Duru Shah</b>
4.05 - 4.10 pm	<b>About the Workshop - Dr Uday Thanawala</b>
<b>Session 1</b>	<b>Common Pregnancy Problems Patients worry about</b> Moderator: <b>Dr Uday Thanawala</b>
4.10 - 4.20 pm	<i>Can I continue my Beauty Regime in Pregnancy - Hair colour, laser, etc - <b>Dr Jaishree Sharad</b></i>
4.20 - 4.30 pm	<i>Diet &amp; Exercise helped me to conceive - now what level of exercise shall I continue in Pregnancy? - <b>Dr Nigamaja Hariharan</b></i>
4.30 - 4.40 pm	<i>If I diet now - won't my baby be malnourished? - <b>Dr Shilpa Joshi</b></i>
4.40 - 5.00 pm	<i>Discussion on above topics</i>
<b>Session 2</b>	<b>Hyperglycemia In Pregnancy - HIP</b> Moderator: <b>Dr Madhuri Patil</b>
5.00 - 5.20 pm	<i>Risks faced by a PCOS who is now pregnant - <b>Dr Sujata Kar</b></i>
5.20 - 5.30 pm	<i>Discussion</i>
5.30 - 5.50 pm	<i>Methods of Monitoring Sugar Levels - What is recommended and what is practical for the patient? - <b>Dr Piya Ballani Thakkar</b></i>
5.50 - 6.00 pm	<i>Discussion</i>
6.00 - 6.20 pm	<i>Metformin or Insulin - Which to start &amp; when? - <b>Dr Shashank Joshi</b></i>
6.20 - 6.30 pm	<i>Discussion</i>
6.30 - 6.50 pm	<i>When to terminate a Pregnancy in HIP? - <b>Dr Uday Thanawala</b></i>
6.50 - 7.00 pm	<i>Discussion</i>
<b>Session 3</b>	<b>Panel on - The 4th Trimester &amp; Beyond</b>
7.00 - 7.45 pm	<i>Panel to address - Immediate Post-partum care, Long term follow up - Keeping PCOS at Bay</i>
Moderator <b>Dr Anita Soni</b>	<i>Panelists - <b>Drs Ritu Joshi, Gauri Karandikar, Sarita Bhalerao, Nigamaja Hariharan</b></i>
7.45 - 8.00 pm	<i>Audience Interaction</i>

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Medical  
Council

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**Dr. Duru Shah**  
Founder President  
The PCOS Society (India)

**Dr. Uday Thanawala**  
Convenor  
Treasurer  
The PCOS Society (India)