

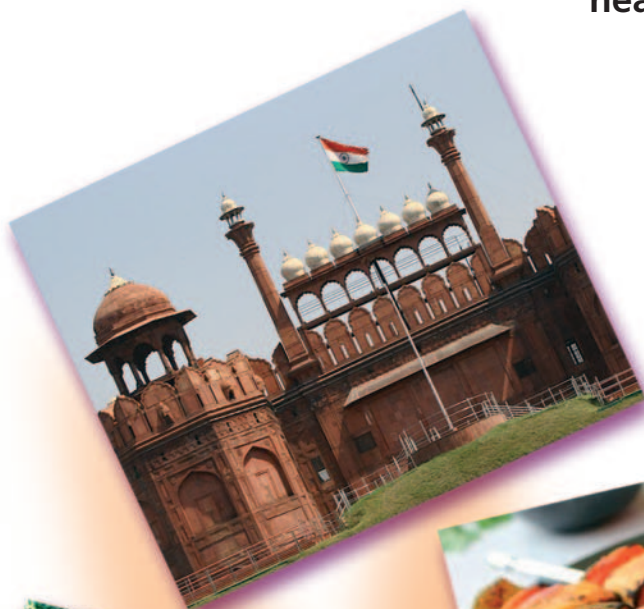
THE INTERNATIONAL CONFERENCE

PCOS - THROUGH THE CYCLE OF LIFE...

Jointly Organized by
The PCOS Society (India)
&
**The Androgen Excess
& PCOS Society
(International)**

Dates: June 22 - 24, 2018

Venue: Leela Ambience Hotel, Gurugram,
near Delhi Airport, India



Dear Friends & Colleagues,

Welcome to the Third Annual Congress of the PCOS Society of India, being held in collaboration with the Androgen Excess and PCOS Society on **22nd, 23rd and 24th June 2018 in Gurugram NCR, Delhi** at the Leela Ambience Hotel.

PCOS affects women at all stages of life hence, this conference is entitled "**PCOS... through the cycle of life**". The Conference will focus on the different stages of life, including the prenatal, childhood, adolescent, reproductive and post-menopausal periods. As gynaecologists, we are the primary care physicians of women and manage many PCOS patients with different presentations at different ages.

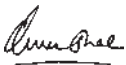
The Conference includes 3 Pre-Congress Workshops and the main conference which will be interactive and will give in-depth knowledge on both the subjects. Learning from experts from various disciplines of medicine can add to our understanding of this complex endocrine problem. We will also be conducting for the first time the "**PCOS Practitioner**" Exam and the "**PCOS Quiz**" during the conference.

We welcome you and we are confident that it will excite you with the latest knowledge and cutting edge research on PCOS.

For any queries, you may contact us at pcosconference2018@gmail.com or thepcosociety@gmail.com

Looking forward to meeting with you.

With warm regards,



Duru Shah

Founder President
The PCOS Society, India



Duru Shah

Founder President
The PCOS Society, India



Madhuri Patil

Scientific Chair – Conference
The PCOS Society, India



Piya Thakkar

Scientific Chair –
Pre-congress Workshops
The PCOS Society, India



Helena Teede

President
The AE-PCOS Society



Enrico Carmina

CEO
The AE-PCOS Society



Ragini Agrawal

Local Organizing
Chair-person



Rita Bakshi

Local Organizing
Chair-person



Shakuntla Kumar

Local Organizing
Secretary



Ashok Kumar

Local Organizing
Secretary

22nd June 2018 – PRE-CONGRESS WORKSHOPS

08.00 am	Registration	
09.00 - 01.45 pm	Hall A - Workshop 1 Lifestyle Changes – The First Step to combating PCOS	
	Workshop Inauguration: Padma Shri Prof Raj Baveja	
	Convenors: Shilpa Joshi, Yukti Wadhawan, Shakuntla Kumar	
09.00 am - 10.30 am	Session I: Impact of lifestyle in PCOS	
	Chairpersons: Pushpa Sethi, Puneeta Hasija, Anita Sabbarwal	
09.00 am	■ <i>Are dietary options different in lean and obese PCOS?</i>	Shilpa Joshi
09.20 am	■ <i>PCOS: A Body Image Disorder</i>	Aakanksha Bhatia
09.40 am	■ <i>Fad diets (Mediterranean / South Beach / Paleolithic / Atkins / gluten free) – What do all these diets mean?</i>	Shilpa Joshi
10.00 am	■ <i>Discussion</i>	
10.30 am - 12.00 noon	Session II: Lifestyle interventions	
	Chairpersons: Vandana Narula, Hemani Sarbadhikary, Susheela Gupta	
10.30 am	■ <i>Do lifestyle changes improve sexual dysfunction?</i>	Padma Rekha Jirge
10.50 am	■ <i>Role of Nutraceuticals in diet</i>	Nilanjana Singh
11.10 pm	■ <i>Ideal Exercise in Lean and Obese PCOS</i>	Shiny Surendran
11.30 pm	■ <i>Evidence of Yoga therapy in PCOS</i>	Geetika Gangwani
11.50 pm	■ <i>Discussion</i>	
12.15 - 01.00 pm	Session III: When lifestyle fails – Reducing Morbidity of obesity	
	Chairpersons: Sanjay Narula, Vandana Gupta, Anurita Singh	
12.15 pm	■ <i>Role of Bariatric surgery</i>	Praveen Bhatia
12.35 pm	■ <i>Management of Sleep Apnea – what should the Gynec know?</i>	Manvir Bhatia
12.55 pm	■ <i>Discussion</i>	
1.15 - 01.45 pm	Session IV: Footloose	
	Put on your dancing shoes (Zumba) Team from Mama Mia	
10.00-12.00 pm	Hall B - "The PCOS Practitioner" Certificate Exams	
	Conveners: Madhuri Patil, Ashok Kumar, Rita Bakshi	
12.30-1.30 pm	First Round of PCOS Quiz	
01.45- 02.30 pm	LUNCH	

MCQs based on the
Six Modules of PCOS
published by the
PCOS Society (India)
Available at
www.pcosindia.org

02.30 - 06.30 pm	Hall A – Workshop 2 "PCOS: A diagnosis of Exclusion" – What you see is not always what you get!	
	Convenors: Piya Ballani Thakkar, S K Bakshi, Ragini Agrawal	
02.30 - 04.30 pm	Session I: Chairpersons: Manju Puri, Anjali Tempe, Nisha Jain	
02.30 pm	■ <i>Introduction of the Course</i>	Piya Ballani Thakkar
02.40 pm	■ <i>Hypothyroidism</i>	Madhuri Patil
03.00 pm	■ <i>Hyperprolactinemia</i>	Piya Ballani Thakkar
03.20 pm	■ <i>Cushing Syndrome and Acromegaly</i>	Beena Bansal
03.40 pm	■ <i>Adrenal disorders – CAH and adrenal tumors</i>	Deep Dutta
04.00 pm	■ <i>Discussion</i>	
04.30 - 06.00 pm	Session II: Chairpersons: Sunita Malik, Shashi Lata Kabra, Nidhi Khera	
04.30 pm	■ <i>Androgen secreting ovarian tumors</i>	Pratima Mittal
04.50 pm	■ <i>Premature ovarian failure</i>	Padma Rekha Jirge
05.10 pm	■ <i>Uterine abnormalities</i>	Ranjana Sharma
05.30 pm	■ <i>Discussion</i>	
02.30 - 06.00 pm	Hall B – Workshop 3 Cosmetic Therapies – Live demonstration	
	Convenors: Rekha Sheth, Pankaj Chaturvedi, Monisha Kapoor, Gulrez Tyebkhan	
	1. Laser Hair Reduction: What works, what doesn't and what's new?	
	2. Treatment of Adult Acne by Energy based Devices	
06.00 pm	COFFEE BREAK	
06.30 - 7.30 pm	A thought provoking Panel Discussion on "How do we reduce the epidemic of PCOS in our country?" With Gynaecologists, Endocrinologists, Public Health Experts, Media Representatives, Scientists, Private Health Care and Government Representatives..... Moderator: Duru Shah Panelists: Alka Kriplani, Enrico Carmina, Nomita Chandhiok, Rama Vaidya, Rekha Sharma, Puneet Nigam	
07.30 pm	Inauguration Chief Guest: Rekha Sharma , Chairperson, National Commission for Women, New Delhi Guest of Honour: Padma Shri Alka Kriplani , Head of the Department, All India Institute of Medical Sciences, New Delhi	
08.30 pm	BANQUET (By Invitation)	

Conference Day 1 – June 23rd, 2018

08.00 - 09.00 am **Invited free papers**
Chairpersons: **Ashok Kumar, Gayatri Thaker**

09.00 - 10.30 am **Session I: Diagnosis of PCOS**
Chairpersons: **Geeta Kinra, Rukma Idnani, Amrit Gupta**

- 09.00 am ■ *What are the new criteria for Polycystic Ovarian Morphology (PCOM)?* Harsh Mahajan
- 09.20 am ■ *Is Anti Mullerian Hormone a new marker for PCOS?* Togas Tulandi
- 09.40 am ■ *Revisiting PCOS phenotype* Enrico Carmina
- 10.00 am ■ *Discussion*

10.30 am **COFFEE BREAK**

11.00 am - 12.00 noon **Keynote Address**
Chairpersons: **Rama Vaidya, Maninder Ahuja**

- 11.00 am ■ *Consensus statement on the "Use of OCP in PCOS Women in India"* Duru Shah
- 11.30 am ■ *Role of gastrointestinal function in determining the metabolic aspect of PCOS* Enrico Carmina

12.00 - 01.00 pm **Session II: Dermatological manifestations – Current Trends in Management**
Chairpersons: **R. P Gupta, O P Gangwani, Rohit Batra**

- 12.00 pm ■ *Acanthosis Nigricans* Anil Agrawal
- 12.15 pm ■ *Androgenic Alopecia* Rekha Sheth
- 12.30 pm ■ *Hirsutism* Anil Ganjoo
- 12.45 pm ■ *Discussion*

01.00 pm **LUNCH**

02.00 - 02.30 pm **Keynote Address**
Chairpersons: **Deepak Sanghavi, Nita Dalal**

■ *The diagnosis and management of PCOS – Novel Immunodiagnostic Methods* Kannan Alpadi

02.30 - 03.45 pm **Session III: Metabolic syndrome and PCOS**
Chairpersons: **Indu Koul, Munish Prabhakar, Abha Singh**

- 02.30 pm ■ *Does Metabolic Syndrome present differently in Indian Women?* Sujata Kar
- 02.45 pm ■ *Is there a difference in metabolic risks of lean and obese PCOS?* Enrico Carmina
- 03.00 pm ■ *PCOS and GDM Nexus* Piya Ballani Thakkar
- 03.15 pm ■ *Discussion*

03.45 - 05.00 pm	Session IV: Impact of Stress on quality of life and how to reduce it?
	Chairperson: Prof Raj Baveja
03.45 pm	■ <i>Are women with PCOS more stressed?</i> Kathleen Hoeger
04.05 pm	■ Panel Discussion: <i>Helping patients to deal with Stress – Multidisciplinary approach – Get your answers from Clinicians, Mind Therapist and a Lifestyle guru.</i>
	Moderator: Uday Thanawala
	Panelists: Kathleen Hoeger, Kiran Aggarwal, Manju Verma, Mansi Kothari, Siddharth Saunthalia, Vani Jain, Vinit Taneja
05.00 pm	COFFEE BREAK
05.30 - 06.30 pm	Session V: Pregnancy and PCOS
	■ Panel Discussion: <i>Are PCOS women at a higher risk of pregnancy and delivery complications? Case-based Discussion</i>
	Moderators: Rita Bakshi, Ashok Kumar
	Panelists: Garima Kachhawa, Kanwal Gujral, Kiran Guleria, Nupur Gupta, Sanjivini Khanna, Vatsala Dadwal, Promila Malik
6.30 pm	GBM
07.00 pm	Session VI: Poster Session
08.00 pm	Cultural program
09.00 pm	CONFERENCE DINNER

Conference Day 2 – June 24th, 2018

08.00 - 09.00 am	Session VII: Round Tables with Experts
	Convenors: Madhuri Patil, Rakhi Singh, Ashok Kumar (Each table limited to 10 participants)
	1. Luteal Support in infertility management in PCOS women Experts: Rita Bakshi, Nutan Agarwal
	2. Letrozole v/s Clomiphene Citrate in ovulation induction in PCOS? Experts: Togas Tulandi, Lakhbir Dhaliwal
	3. Gonadotropins for ovulation induction in PCOS? Experts: Duru Shah, Sonia Malik
	4. Medical Treatment for Obesity Experts: Beena Bansal, S K Bakshi
	5. Role of Oral Contraceptive Pills in Adolescent PCOS Experts: Kathleen Hoeger, Chandan Kachru

6. Use of Metformin in obese and lean PCOS?
Experts: **Rakhi Singh, Deep Dutta**
7. Use of Inositols in the management of PCOS
Experts: **Nita Dalal, Sarita Agrawal**
8. Vitamin D in PCOS
Experts: **Satish Koul, Savita Singhal**
9. Acne in PCOS
Experts: **Pankaj Chaturvedi, Gulrez Tyebkhan**
10. Hirsutism in PCOS
Experts: **Sudha Prasad, Rohit Batra**

09.00 - 10.15 am

Session VIII: Evidence based treatment for enhancing fertility

Chairpersons: **K. D. Nayyer, Renu Makkar, Anita Rajoria**

09.00 am

- *Is PCOS an inflammatory process?*

Madhuri Patil

09.20 am

- *Managing insulin resistance in infertility*

Sonia Malik

09.40 am

- *Recent evidence on oral ovulogens*

Kanthi Bansal

10.00 am

- *Discussion*

10.15 - 11.15 am

Session IX: Panel Discussion:

- *Increasing efficacy and safety with ART*

Moderators: **Jaideep Malhotra, Nandita Palshetkar**

Panelists: **Arshi Iqbal, Jyoti Malik, Nalini Mahajan, Preiti Kumar, Ritu Jain, Seema Pandey**

11.15 am

COFFEE BREAK

11.45 am - 12.45 pm

Session X: Keynote Address

Chairpersons: **Smita Mahale, Sudha Prasad**

11.45 am

- *International guidelines on PCOS*

Kathleen Hoeger

12.15 pm

- *How does Ovarian Drilling fit in the treatment scheme, is this a safe procedure and why do we use it so infrequently?*

Togas Tulandi

12.45 - 01.45 pm

Session XI: Adolescent PCOS

Chairpersons: **Poonam Goyal, Renu Misra, Meenakshi Ahuja**

12.45 pm

- *Diagnosis of adolescent PCOS – A difficult task*

Shakuntla Kumar

01.00 pm

- *Role of inositols in Adolescent PCOS*

Manoj Pandya

01.15 pm

- *Abnormal Uterine Bleeding in Adolescent PCOS*

Ragini Agrawal

01.30 pm

- *Discussion*

01.45 pm

PCOS Quiz - Live

02.15 pm

Valedictory function and Awarding of Certificates

Guest of Honour: **Smita Mahale, Director NIRRH**

02.30 pm

LUNCH

The PCOS Society

Duru Shah

President

Shashank R. Joshi

Vice President

Rekha Sheth

Vice President

Piya Ballani Thakkar

Honorary Secretary

Sangeeta Agrawal

Honorary Joint Secretary

Uday Thanawala

Honorary Treasurer

Madhuri Patil

Scientific Coordinator

Local Organizing Committee

Organizing Chairpersons

Ragini Agrawal

Rita Bakshi

Organizing Secretaries

Ashok Kumar

Shakuntla Kumar

Joint Secretaries

Chandan Kachru

Jyoti Malik

Pankaj Chaturvedi

Preeti Kumar

Ranjana Sharma

Yukti Wadhawan

Treasurer

Sarthak Bakshi

The AE-PCOS Society

Enrico Carmina

Executive Director & CEO

Helena Teede

President

Anuja Dokras

Past President

Vasan Elisabet Victorin

President Elect

International Faculty



Enrico Carmina
Italy



Kannan Alpadi
USA



Kathleen Hoeger
USA



Togas Tulandi
Canada

National Faculty

Aakanksha Bhatia

Abha Singh

Alka Kriplani

Amrit Gupta

Anil Agrawal

Anil Ganjoo

Anita Rajoria

Anita Sabbarwal

Anjali Tempe

Arshi Iqbal

Ashok Kumar

Beena Bansal

Chandan Kachru

Deep Dutta

Deepak Sanghavi

Duru Shah

Garima Kachhawa

Gayatri Thaker

Geeta Kinra

Geetika Gangwani

Gulrez Tyebkhan

Harsh Mahajan

Hemani Sarbadhikary

Indu Koul

Jaideep Malhotra

Jyoti Malik

K D Nayyer

Kanthi Bansal

Kanwal Gujral

Kiran Aggarwal

Kiran Guleria

Lakhsbir Dhaliwal

Madhuri Patil

Maninder Ahuja

Manju Puri

Manju Verma

Manoj Pandya

Mansi Kothari

Manvir Bhatia

Meenakshi Ahuja

Monisha Kapoor

Munish Prahakar

Nalini Mahajan

Nandita Palshetkar

Nidhi Khera

Nilanjana Singh

Nisha Jain

Nita Dalal

Nomita Chandhiok

Nupur Gupta

Nutan Agrawal

O P Gangwani

Padma Rekha Jirge

Pankaj Chaturvedi

Piya Ballani Thakkar

Poonam Goyal

Pratima Mittal

Praveen Bhatia

Preiti Kumar

Promila Malik

Puneet Nigam

Puneeta Hasija

Pushpa Sethi

R P Gupta

Ragini Agrawal

Raj Baveja

Rakhi Singh

Rama Vaidya

Ranjana Sharma

Rekha Sharma

Rekha Sheth

Renu Makker

Renu Misra

Rita Bakshi

Ritu Jain

Rohit Batra

Rukma Idnani

S K Bakshi

Sanjay Narula

Sanjivini Khananna

Sarita Agrawal

Satish Koul

Savita Singhal

Seema Pandey

Shahashi Lata Kabra

Shakuntla Kumar

Shilpa Joshi

Shiny Surendran

Siddharth Saunthalia

Smita Mahale

Sonia Malik

Sudha Prasad

Sujata Kar

Sunita Malik

Susheela Gupta

Uday Thanawala

Vandana Gupta

Vandana Narula

Vani Jain

Vatsala Dadwal

Vinit Taneja