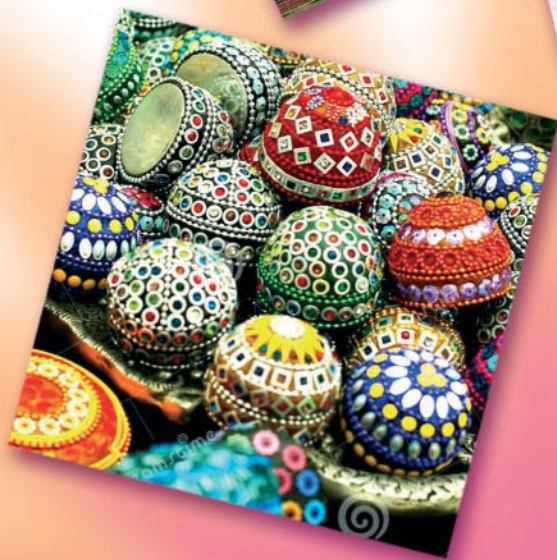


THE INTERNATIONAL CONFERENCE
**PCOS -
THROUGH
OF THE
CYCLE
OF LIFE...**

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.

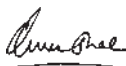
The Conference includes 3 Pre-Congress Workshops and the main conference which will be interactive and will give in-depth knowledge on both the subjects. Learning from experts from various disciplines of medicine can add to our understanding of this complex endocrine problem. We will also be conducting 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: **Padmashree Prof. Raj Baveja**

Workshop Conveners: **Shilpa Joshi, Yukti Wadhawan, Shakuntla Kumar**

09.00 am - 10.30 am **Session I: Impact of lifestyle in PCOS**

- | | | |
|----------|--|------------------|
| 09.00 am | ■ Are dietary options different in lean and obese PCOS? | Shilpa Joshi |
| 09.20 am | ■ PCOS: A body Image disorder | Aakanksha Bhatia |
| 09.40 am | ■ Fad diets (Mediterranean / South Beach / Paleolithic / Atkins / gluten free) – What do all these diets mean? | Shilpa Joshi |
| 10.00 am | ■ Discussion | |

10.30 am - 12.00 noon **Session II: Lifestyle interventions**

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|----------|--|-------------------|
| 10.30 am | ■ Do lifestyle changes improve sexual dysfunction? | Sharmila Majumdar |
| 10.50 am | ■ Role of Nutraceuticals in diet | Nilanjana Singh |
| 11.10 pm | ■ Ideal Exercise in Lean and Obese PCOS | Shiny Surendran |
| 11.30 pm | ■ Evidence of Yoga therapy in PCOS | Anushree Patil |
| 11.50 pm | ■ Discussion | |

12.15 - 01.00 pm **Session III: When lifestyle fails – Reducing Morbidity of obesity**

- | | | |
|----------|---|----------------|
| 12.15 pm | ■ Role of Bariatric surgery | Praveen Bhatia |
| 12.35 pm | ■ Management of Sleep Apnea – what should the Gynec know? | Manvir Bhatia |
| 12.55 pm | ■ Discussion | |

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**

01.45- 02.30 pm **LUNCH**

02.30 - 06.30 pm **Hall A – Workshop 2**
"PCOS: A diagnosis of Exclusion" – What you see is not always what you get!

Workshop Conveners: **Piya Ballani Thakkar, S K Bakshi, Ragini Agrawal**

02.30 - 04.30 pm **Session I:**

- | | | |
|----------|--|----------------------|
| 02.30 pm | ■ Introduction of the Course | Piya Ballani Thakkar |
| 02.40 pm | ■ Hypothyroidism | Madhuri Patil |
| 03.00 pm | ■ Hyperprolactinemia | Piya Ballani Thakkar |
| 03.20 pm | ■ Cushing Syndrome and Acromegaly | Beena Bansal |
| 03.40 pm | ■ Adrenal disorders – CAH and adrenal tumors | Deep Dutta |
| 04.00 pm | ■ Discussion | |

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

04.30 - 06.00 pm	Session II:	
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	
	Workshop Convenors: Rekha Sheth, Pankaj Chaturvedi, Monisha Kapoor	
	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	
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06.30 - 7.30 pm	A thought provoking Panel Discussion on "How do we reduce the epidemic of PCOS in our country?"	
	With Gynaecologists, Endocrinologist, Public Health Experts, Media Representatives, Scientists, Private Health Care and Government Representatives.....	
	Moderator: Shereen Bhan	
	Panelists: Alka Kriplani, Ameera Shah, Duru Shah, Nomita Chandhiok, Pooja Shali, Rama Vaidya, Shailaja Chandra	

07.30 pm	Inauguration	
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08.30 pm	BANQUET (By Invitation)	
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Conference Day 1 – June 23rd, 2018

08.00 - 09.00 am	Invited free papers	
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09.00 - 10.30 am	Session I: Diagnosis of PCOS	
09.00 am	■ <i>What are the new criteria for Polycystic Ovarian Morphology (PCOM)?</i>	Harsh Mahajan
09.20 am	■ <i>Is Anti Mullerian hormone a new marker for PCOS?</i>	Togas Tulandi
09.40 am	■ <i>Revisiting PCOS phenotype</i>	Enrico Carmina
10.00 am	■ <i>Discussion</i>	

10.30 am	COFFEE BREAK	
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11.00 am - 12.00 noon	Keynote Address	
	Chairpersons: Rama Vaidya, Nomita Chandhiok	
11.00 am	■ <i>International Guidelines on PCOS</i>	Anuja Dokras
11.30 am	■ <i>Role of gastrointestinal function in determining the metabolic aspect of PCOS</i>	Enrico Carmina

12.00 - 01.00 pm	Session II: Dermatological manifestations – Current Trends in Management	
12.00 pm	■ <i>Acanthosis Nigricans</i>	Anil Agrawal
12.15 pm	■ <i>Androgenic Alopecia</i>	Rekha Sheth
12.30 pm	■ <i>Hirsutism</i>	Anil Ganjoo
12.45 pm	■ <i>Discussion</i>	

01.00 pm	LUNCH
02.00 - 02.30 pm	Keynote Address Chairpersons: Maninder Ahuja, Nita Dalal <ul style="list-style-type: none"> ■ <i>The diagnosis and management of PCOS – Novel Immunodiagnostic Methods</i> Kannan Alpadi
02.30 - 03.45 pm	Session III: Metabolic syndrome and PCOS 02.30 pm ■ <i>Does Metabolic Syndrome present differently in Indian Women?</i> Sujata Kar 02.45 pm ■ <i>Is there a difference in metabolic risks of lean and obese PCOS?</i> Anuja Dokras 03.00 pm ■ <i>PCOS and GDM Nexus</i> Hema Divakar 03.15 pm ■ <i>Discussion</i>
03.45 - 05.00 pm	Session IV: Impact of Stress on quality of life and how to reduce it? 03.45 pm ■ <i>Are women with PCOS more stressed?</i> Kathleen Hoeger 04.05 pm ■ Panel Discussion: Helping patients to deal with Stress – Multidisciplinary approach – Get your answers from Clinicians, Mind Therapist and a Lifestyle guru. 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 <ul style="list-style-type: none"> ■ 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
6.30 pm	GBM
07.00 pm	Session VI: Poster Session Savita Singhal, Bharti Minocha
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: Maninder Ahuja, Nutan Agarwal 2. Letrozole v/s Clomiphene Citrate in ovulation induction in PCOS? Experts: Togas Tulandi, Lakhbir Dhaliwal
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3. Gonadotropins for ovulation induction in PCOS?
Experts: **Anuja Dokras, Duru Shah**
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, Sujata Sharma**
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, Anil Agarwal**

09.00 - 10.15 am	Session VIII: Evidence based treatment for enhancing fertility	
09.00 am	■ <i>Is PCOS an inflammatory process?</i>	Madhuri Patil
09.20 am	■ <i>Managing insulin resistance in infertility</i>	Sonia Malik
09.40 am	■ <i>Recent evidence on oral ovulogens</i>	Kanthi Bansal
10.00 am	■ <i>Discussion</i>	
10.15 - 11.15 am	Session IX: Panel Discussion:	
	■ <i>Increasing efficacy and safety with ART</i>	
	Moderators: Jaideep Malhotra, Nandita Palshetkar	
	Panelists: Arshi Iqbal, Nalini Mahajan, Pankaj Talwar, Preiti Kumar, Ritu Jain, Shakuntla Kumar, 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	■ <i>Consensus statement on the "Use of OCP in PCOS Women in India"</i>	Duru Shah
12.15 pm	■ <i>How does Ovarian Drilling fit in the treatment scheme, is this a safe procedure and why do we use it so infrequently?</i>	Togas Tulandi
12.45 - 01.45 pm	Session XI: Adolescent PCOS	
12.45 pm	■ <i>Diagnosis of adolescent PCOS – A difficult task</i>	Neena Malhotra
01.00 pm	■ <i>Role of inositols in Adolescent PCOS</i>	Manoj Pandya
01.15 pm	■ <i>Abnormal Uterine Bleeding in Adolescent PCOS</i>	Ragini Agrawal
01.30 pm	■ <i>Discussion</i>	
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

Honorary Secretary

Sangeeta Agrawal

Honorary Joint Secretary

Uday Thanawala

Honorary Treasurer

Madhuri Patil

Scientific Coordinator

Local Organizing Committee

Organizing Chairperson

Ragini Agrawal

Organizing Co-Chairperson

Rita Bakshi

Organizing Secretaries

Shakuntla Kumar

Ashok Kumar

Joint Secretaries

Chandan Kachru

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Executive Director & CEO

Helena Teede

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Anuja Dokras

Past President

Vasan Elisabet Victorin

President Elect

International Faculty



Anuja Dokras
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National Faculty

Aakanksha Bhatia

Alka Kriplani

Ameera Shah

Anil Agrawal

Anil Ganjoo

Anita Sabharwal

Anjali Tempe

Anju Soni

Anushree Patil

Archana Singhal

Arshi Iqbal

Aruna Batra

Aruna Murlidhar

Ashok Kumar

Ashok Taneja

Beena Bansal

Bharti Minocha

Chandan Kachru

Deep Dutta

Duru Shah

Garima Kachhawa

Geeta Kinra

Gulrez Tyebkhan

Harsh Mahajan

Hema Divakar

Hemani Sarbadhikary

Indu Koul

Jaideep Malhotra

Jyoti Malik

K. D. Nayyer

Kanthi Bansal

Kanwal Gujral

Kiran Aggarwal

Kiran Guleria

Lakshbir Dhaliwal

M. P. S. Chawla

Madhuri Patil

Manisha Kapoor

Manju Puri

Manju Verma

Manoj Pandya

Mansi Kothari

Manvir Bhatia

Munish Prabhakar

Nalini Mahajan

Navneet Magon

Neena Malhotra

Nilanjana Singh

Nomita Chandhiok

Nupur Gupta

Nutan Agrawal

O P Gangwani

Padma Rekha Jirge

Pankaj Chaturvedi

Pankaj Talwar

Piya Ballani Thakkar

Pooja Shali

Poonam Goyal

Pratima Mittal

Praveen Bhatia

Preiti Kumar

Puneeta Hasija

Pushpa Sethi

R. P Gupta

Ragini Agrawal

Raj Baveja

Rajesh Rajpal

Rakhi Singh

Rama Vaidya

Ranjana Sharma

Rekha Seth

Renu Misra

Rita Bakshi

Ritu Jain

Rukma Idanani

S K Bakshi

Sangeeta Agrawal

Sanjay Narula

Sanjivini Khanna

Satish Koul

Savita Singhal

Seema Pandey

Shailaja Chandra

Shakuntla Kumar

Sharmila Majumdar

Shashi Lata Kabra

Shereen Bhan

Shilpa Joshi

Shiny Surendran

Siddharth Saunthalia

Smita Mahale

Sonia Malik

Sudha Prasad

Sudha Sharma

Sujata Kar

Sujata Sharma

Sunita Malik

Swati Singh Rathor

Uday Thanawala

Vandana Narula

Vani Jain

Vatsala Dadwal

Vinit Taneja

Yukti Wadhawan

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