



Organising Chairperson- 2nd Annual International Conference of the PCOS Society (India)

Report of the Second International Conference of the PCOS Society (India)

“Unraveling the Enigma”

The Second International Conference of the PCOS Society (India) entitled “Unraveling the Enigma” was held at Bengaluru between 16th- 18th June, 2017 at The Lalit Ashok, Bengaluru. It was jointly organized by the PCOS Society (India) and the Androgen Excess and PCOS Society (AE-PCOS Society) an international body.

We had a galaxy of international faculties, which included Professor Helena Teede - President of the AE-PCOS Society, Professor Enrico Carmina - Executive Director and CEO of AE-PCOS Society, Professor Anuja Dokras - Immediate Past President of the AE-PCOS Society along with Professor Richard Legro- Penn State, USA and Professor Joop Laven - Erasmus University, Rotterdam.

Topics right from its genetic origin to its effects during Adolescence, Reproductive Age and in the Peri and Post Menopause were covered. This was done by a multidisciplinary faculty, which involved the Endocrinologist, Obstetricians, Gynecologist, Fertility Specialist, Dermatologist, Sonologist, Pulmonologist, Physician, Obesity Surgeon, Nutritionist and Physiotherapist all on the same platform.

There were two workshops, one on “Ultrasound in PCOS” and the other on “Ovulation Induction in PCOS”. The ultrasound workshop was followed by a live demonstration. There were several newer diagnostic criteria that have been encompassed in the ultrasound both for diagnosis as well as management, which were discussed in length. The Ovulation Induction Workshop was a Case-Based discussion on safe and efficient protocols for ovulation induction, which gave a new insight to infertility management especially to gynecologist. There was a lot of audience participation for both workshops with questions being answered by the audience using the voting pads and live interaction between the delegates and the faculty after every session. Both the workshops were well attended by 548 delegates.

Our inaugural lectures were on the international guidelines and obesity, which has become an epidemic in the world by our international faculty Helena Teede and Enrico Carmina. Smita Mahale from the NIRRH gave an overview on the various research projects happening in India.

The sessions covered all topics related to PCOS, right from diagnosis, complications to management of PCOS. The other important sessions were on associated disorders in PCOS, which included obesity, skin and respiratory problems. We also discussed the long-term consequences of PCOS in length.

There were five round tables, which discussed “Vitamin D deficiency and PCOS”, “Use of Oral contraceptives in PCOS”, “Increased lipids”, “Gestational diabetes mellitus” and “Ovulation induction in PCOS”. All these tables were lead by one international and national faculty and had 10-15 experts on each table to form the algorithm which will be displayed on the “PCOS Society” website. These algorithms will serve as guidelines to all doctors may it be a gynecologist, endocrinologist or dermatologist.

All lectures slides, which have consent of the authors will be available free of cost to all members of the PCOS Society as Continuing Medical Education on the PCOS Society website.

35 abstracts were received for free paper presentation of which six were chosen for oral presentation and rest were displayed as posters, which were judged by our esteemed international and national faculty. Thus, there was an opportunity given to our delegates to

showcase their research in this field. I am sure most of us are unaware of such good work happening in India. We also had 3 posters from our neighbors – Bangladesh, one of which won the consolation prize.

The 3 days conference including the workshop was well attended by 837 delegates and 60 faculties. There were 8 delegates from Bangladesh who actively participated in this congress with 3 posters to display their work on PCOS. All delegates at this international congress actively participated in the discussions after each session, which shows the high academic standards maintained at this congress.

It was not only work for our delegates and faculty. We had two great music programs, one was music by “Subra Mania” – Bindu and Ambi Subramaniam and the other Fusion Music by “Udupa Foundation”, both of which were highly appreciated and enjoyed.