



MAATRKA

NEWS LETTER FROM THE OBGY FAMILY

Volume IV : Oct - Dec, 2017



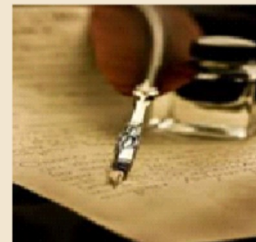
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Dear friends,

It gives us immense pleasure to bring the fourth issue of our newsletter "MAATRKA" and we are glad to write this column.

We are all happy to be a part of the Medical fraternity. To enter into the realm of Medicine one needs '3Ds' in life-Determination, Dedication and Discipline. A strong determination coupled with hard work is a powerful tool with which one can achieve anything. As everyone knows, the field of Medicine needs immense dedication towards the work, patients and mentors for amassing huge experience and skill so that patients are treated in a better way for early relief.

With addition of Discipline to determination and dedication many goals can be achieved with a developed personality. Further advancement is a must for structured progress. The advent of technology has revolutionized the way we detect and treat a disease through drug delivery, therapy, diagnostics and anti-microbial techniques, cell repair, etc. Apart from other things, elimination of infection within minutes will be reality.

With the New Year 2018, coming up, let us resolve to be dedicated, determined and disciplined along with a bent of mind towards technology to turn into a good Doctor and a Healer.



HAPPY NEW YEAR !!!

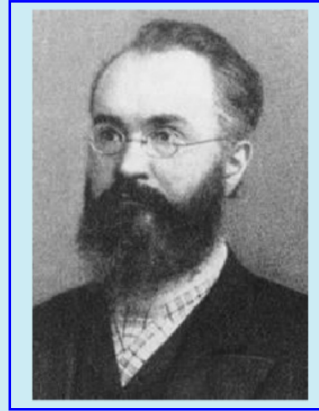


QUIZ TIME !!

- 1) Normal S. TSH in 1st trimester
(a) 0.1—2.5 mIU/ml (b) 0.2-3 mIU/ml
(c) 0.3-3 mIU/ml (d) 0.4-4 mIU/ml
- 2) Sinusoidal pattern on NST is seen in
(a) Anaemia (b) Cord compression
(c) Head compression (d) All of the above



- 3) Value of Hb A1C above which pregnancy has to be terminated
(a) HbA1C > 10 (b) > 11
(c) > 9 (d) No need to terminate
- 4) Pederson's Hypothesis applies to
(a) GDM (b) Preclampsia
(c) Placenta Previa (d) Placenta Abruptio
- 5) Dangerous Placenta Previa
(a) Type — 4
(b) Type — 3
(c) Type — 2 Anterior
(d) Type — 2 Posterior
- 6) When do you evaluate a case of Primary amenorrhoea without any secondary sexual characters?
(a) 13 yrs (b) 14 yrs
(c) 15 yrs (d) 16 yrs



Ernst Wertheim

(1864-1920)

(Father of WERTHEIMS hysterectomy)

Austrian Gynaecologist.
Born in Graz, Austria.

Contributions:

1. Performed first radical hysterectomy for cervical cancer.
2. First physician to demonstrate the presence of gonococcus in peritoneum.
3. Developed substrate for culture of gonococci.
4. Contributed interposition method for cervical prolapse.

Awards & Honours:

1. Received doctorate from University of Graz, Austria.
2. 'WERTHEIMS vaginal clamp'- named after him which is a type of hysterectomy forceps.
3. Honorary member of many foreign learned societies.
4. Conferred the professorship of University of Vienna in 1910 & appointed as the head of the second Vienna women's clinic.
5. Created a distinguished school of gynaecological surgeons.

INTERESTING CASE IN THE DEPARTMENT

LMP: 7/9/17
PREV LMP: 15/8/17

* A 23 year old unmarried came with complaint of pain in the left lower abdomen for past 1 week.

HISTORY OF PRESENTING ILLNESS :

She was apparently asymptomatic following which she developed pain in the abdomen for past 1 week for which she was treated symptomatically.
But pain abdomen did not subside.

MENSTRUAL HISTORY:

Age of menarche: 13 years
5/30 days cycle/regular/normal flow/no pain/no clots

INVESTIGATIOINS:

Blood group: A+ve, Hb : 13.9 gm/dl

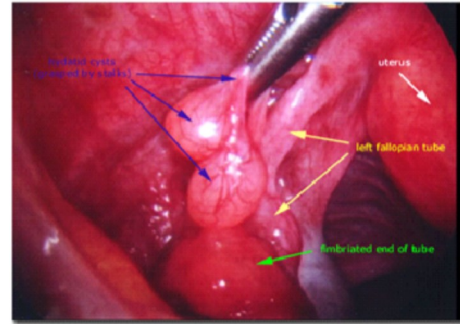
USG: Uterus- 6.4x2.1x4cm

Right ovary- 2.4x1.7cm

Left ovary - 4.3x1.8cm

Endometrial thickness- 4 mm

Evidence of heterogenous tubular anechoic structure with partial septations of 11x4cm. ?gross hydrosalpinx, heteroechoic in left adnexa with internal vascularity 4.3x2cm.



TREATMENT:

On admission, patient and party counselled regarding the risks involved with diagnosis.

They opted for surgery.

Laparoscopic left fimbrial cyst excision done under GA.

HISTOPATHOLOGY REPORT : shows features consistent with simple serous cyst(Hydatis of Morgagni).

DISCUSSION:

Hydatis of morgagni are benign, pedunculated, cystic structures arising from mullerian vestiges below the fallopian tube near the fimbria.

They are of usually no clinical significance unless the pedicle becomes twisted and infarction occurs.

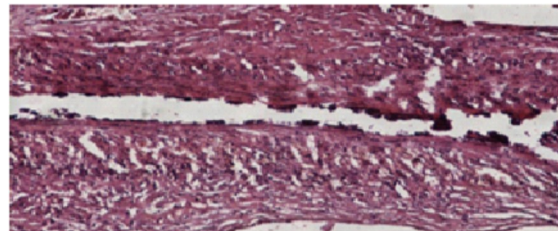
SYMPTOMS: Pain is the most frequent complaint, at first diffuse and colicky in character, later localizing in the lower portion of the abdomen, may be associated with nausea and vomiting.

SIGNS: Tenderness usually accentuated to the quadrant containing the disease, sometimes with abdominal distension.

These are incidental findings during abdominal and pelvic surgeries.

HISTOLOGICAL PICTURE: Cyst wall lined by ciliated columnar epithelium, supported by fibrous wall and proliferated capillaries and mild lymphoplasmacytic infiltrates.

DIFFERENTIAL DIAGNOSIS: Para ovarian cyst, ovarian cyst. Germ cell tumours.



WHAT'S NEW ??

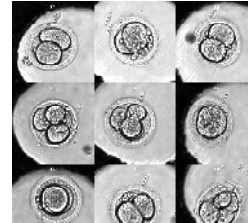
TIME-LAPSE EMBRYO MONITORING

Time-lapse (TL) embryo monitoring is the latest technology that is proposed for embryo evaluation and selection for transfer in IVF.

TL technology allows us to continuously monitor embryonic development without the need to remove the embryos from the optimal culture conditions.

There are various TL equipment systems:

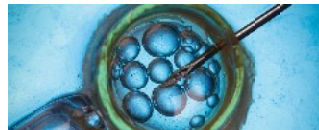
1)Primo Vision, Vitrolife AB) time-lapse system



2)Embryoscope (ES)



3)Early embryo viability assessment (EEVA)

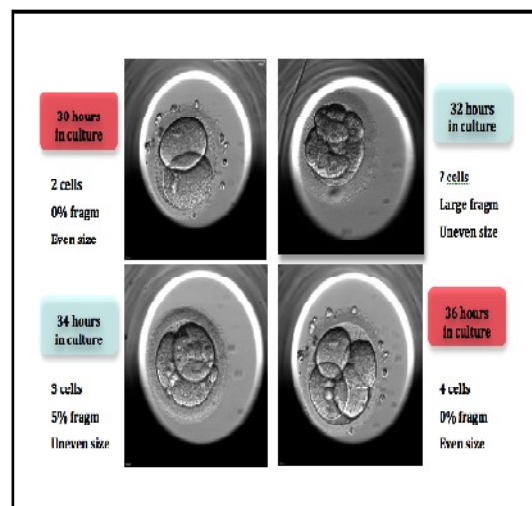


A TL unit is made up of a camera that takes a picture of the developing embryos at preset (10-20 min) intervals and is connected to a microscope system. This complex either has to be placed into a standard incubator (PV, EEVA) or is part of an incubator already (ES).

The pictures captured by the camera are then processed by the appropriate software. This way a short film is created by connecting the pictures that can be rewound and fast-forwarded, and in the case of the PV or ES systems, embryos can be evaluated in several focal planes

Advantages:

1. First is the ability of the system to accumulate multiple, detailed, timelapse images of embryos which can be utilized either by cell-tracking software algorithms or by embryologists undertaking morphological assessment, to select the highest quality embryo for transfer.
2. Second is the effect of improved culture conditions, whereby human handling is minimized, air temperature and gas compositions are kept stable, and embryos are not exposed to bench-top light microscopy.



ACADEMIC FEAST



| Month | Topic | Guest Speaker |
|-------|--|----------------------|
| Oct | Antiphospholipid antibodies in Pregnancy | Dr.Uma Mikkilineni |
| Oct | Post partum mental disorders | Dr.Soma Sundara Babu |
| Nov | Assisted reproductive techniques | Dr.Sujatha Vellanki |
| Nov | Acute kidney disease in pregnancy | Dr.Ravi Shankar |
| Dec | Perinatal asphyxia | Dr.Manas Ranjan |

ZONAL CME

Held on 29.10.2017 at
SMC (Vijayawada)



PGs of OBGY Dept. attended Zonal CME
on 29.10.2017 at SMC Vijayawada.
There was a Quiz on contraception.
The team of ASRAMS won 2nd Prize

*Richest wealth is Wisdom
Strongest weapon is Patience
Best security is Faith
Most effective tone is Laughter
and surprisingly all are free*



CELEBRATIONS



**NIGHTINGALE
OF
ASRAM**

The post graduates of OBGY dept actively participated in various events of college Day and bagged many prizes.



5k run
OBGY staff and students participated in a 5K "Run for a Cause", organized by Rotary Club, Eluru on 13.12.17 for awareness on HIV-AIDS



**OBGY department
celebrates
a MERRY CHRISTMAS**



FUN COLUMN

Not Easy to be a Teacher !!!!!

TEACHER: Our topic for today is Photosynthesis.

TEACHER: What is photosynthesis class?

Cynthia: Photosynthesis is our topic today.

TEACHER: How can we keep our school clean?

Atem: By staying at home.

TEACHER: What do you call mosquitoes in your language?

Ngu: We don't call them, they come on their own.

TEACHER: Name the nation people hate most

Asong: Exami-nation

TEACHER: One day our country will be corruption free. What tense is that??

Lekeaka: Future impossible tense.

TEACHER: John is climbing a tree to pick some mangoes. (Begin the sentence with Mangoes)

Atabong: Mangoes, John is coming to pick you

THE STRUGGLE CONTINUES 😊😊😊😊



Walking...

is the best exercise!!!

Walk Away from arguments that lead you to nowhere but anger.

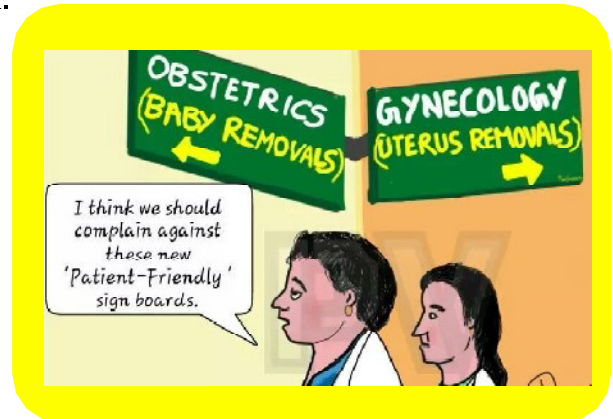
Walk Away from people who deliberately put you down.

Walk Away from any thought that reduces your worth.


Walk Away from failures and fears that stifle your dreams.

Walk Away from people who do not care for you and who are opportunistic.

The more you
Walk Away from
things that poison your soul,
The Happier Your Life Will Be.
Gift Yourself A Walk...
Towards Happiness.



7 MOST EFFECTIVE TIMES TO DRINK WATER

| | |
|--|---|
| 2 GLASSES | Of room temperature lemon water in the morning to flush digestive system. |
| 1 GLASS | 30 minutes before each meal. It helps you consume less calories. |
|  | |
| 1 GLASS | Before or with your snack. Often you are thirsty not hungry. |
| 2 GLASSES | 2 hours before your work out and sip every 15 minutes during. |
| 1 GLASS | Coconut water sipped after your work out to replace lost fluids. |
| 1 GLASS | Before your bath or shower to avoid dehydration |
| 1 GLASS | Before going to bed to prevent heart disease and stroke. |



MAXIMIZE SUCCESS FOR ANY TEST

3 TIPS TO HELP ACHIEVE THE BEST POSSIBLE TEST RESULTS

EXERCISE LIGHT

- Practicing aerobic exercise will improve the body's metabolism and energy – generating Process.
- It reduces levels of stress hormones and increases endorphins, which help the body feel better.
- Engaging in breathing exercises also minimizes stress and can be done at any place or time.



Try This

✚ Taking a Walk around a neighbourhood for 20 minutes can clear the Mind and Reduces STRESS.

SLEEP TIGHT

- Having a good night's sleep will increase brain function and attentiveness.
- Cram studying during the daytime to sleep more at night and stay away from taking naps.

Try This



✚ Drinking TEA or WARM MILK before bed will help the body to relax and fall a sleep faster.

EAT RIGHT

- The day of the test, it is essential to have a healthy, nutritious breakfast.
- Protein and carbohydrates, help the brain stay alert, Concentrated, and prevent feeling of hunger.
- Stay away from caffeinated drinks which could make you anxious and jittery.

Try This



✚ One Egg, One slice of whole wheat bread with Peanut butter, and a small bowl of almonds.



Introducing new member
to the OBGY family

Dr.C.Sunitha (Associate Professor)



Answers for Quiz :

- 1) a
- 2) a
- 3) a
- 4) d
- 5) a
- 6) a



Luxury and Lies have huge maintenance costs.
But..
Truth and Simplicity are self maintained without any cost.