

8th NHG ANNUAL SCIENTIFIC CONGRESS 2009

presents



Obstetrics & Gynaecology

17 October 2009 | 1030 – 1200 hours | MR303 - 304, Level 3 Suntec Convention Centre

Synopsis

The Obstetrics & Gynecology Track covers health issues in three periods of women's life.

Adolescence Gynaecology

Adolescence is a period characterized by intense endocrine and metabolic changes making it the most fascinating period of human life. Body composition and the amount of fat tissue are of paramount importance in adolescence, extreme variations of which can result in serious pubertal problems. At the one extreme is low body weight due to eating disorders resulting in severe menstrual and metabolic disturbances, while obesity with its sequelae of PCOS, acne hirsutism and subsequent infertility is the other. Pubertal (primary) amenorrhea is of particular interest with disorders that may be chromosomal, gonadal, anatomic, adrenal, hypothalamo-pituitary level, also delayed puberty, premature ovarian failure, childhood cancer survivors etc. They may need life treatment and follow-up or surgical corrections, later solving infertility problems.

Menopause

Menopause is caused by natural cessation of ovarian function, but nowadays can be considered as endocrinopathy due to dramatic increase in human life span as modern women spend 20-30 years in postmenopause. Short term menopausal problems are uncomfortable and may disrupt normal life style; long term consequences are often debilitating and life threatening (cardiovascular problems, brain function deterioration, osteoporosis) Sequential and holistic approach to management of peri/postmenopause (HRT/ERT/Tibolone/bone protective medications, life style changes) gives a chance for healthy active old age. Global standards and recommendations for HRT and cancer risks also discussed.

Contraception

Contraception is a concerted action using various devices, sexual practices or medications in order to deliberately prevent/reduce the likelihood of pregnancy. History of birth control began as early as the ancient Egypt. Modern medicine offers great variety of contraceptives, but oral contraceptives are broadly accepted and also act as mode of treatment for various hormonal imbalances, bone protection etc. Similarly intrauterine devices (IUCD) are also highly effective and popular and newer version, like Mirena have levonorgestrel-releasing intrauterine system that delivers small amounts of hormones directly into uterus and may be treatment of heavy periods. Mechanism of action and safety of contraceptions is discussed.

Symposium Topics

Holistic Approach To Management Of Peri/Postmenopausal Women

Dr Vesna DRAMUSIC, Senior Consultant, Obstetrics & Gynaecology, National University Hospital, Singapore

Adolescent Gynaecology

Dr Anupriya AGARWAL, Associate Consultant, Obstetrics & Gynaecology, National University Hospital, Singapore

Contraception

Dr NG Ying Woo, Associate Consultant, Obstetrics & Gynaecology, National University Hospital, Singapore

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Online Registration Portal will close on 05 October 2009.

Registration will resume onsite on 16 & 17 October 2009 at Suntec Convention Centre (Level 1)