

THE INTERNATIONAL CONFERENCE
**PCOS -
UNRAVELING
THE ENIGMA**

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

Dates: June 16 - 18, 2017

Venue: The Lalit Ashok, Kumara Krupa Road, Bengaluru



Delegates earn
5 CME credit points and
Faculty earn **6 CME credit points**
from **Karnataka Medical Council**

Dear Friends & Colleagues,

It gives us great pleasure in inviting you to participate in the forthcoming 2nd International Joint Conference "**PCOS – Unraveling the Enigma**" organized by "**The PCOS Society (India)**" and "**The Androgen Excess and PCOS Society**" to be held at "**The Lalit Ashok**" Bengaluru on **16th, 17th and 18th June 2017**.

The Conference will deliberate on practice pathways in PCOS in all walks of life of a woman and will be a state of the art meeting, incorporating the recent advances and evidence based data with special emphasis on challenges in the Indian context. There will be two Pre-Congress Workshops; "**Ultrasound in PCOS**" and "**Practical Aspects of Ovulation Induction**".

This meeting will provide a platform for clinicians to exchange information and multidisciplinary treatment strategies in PCOS with five international experts who would be joining us. We look forward to a fantastic experience of learning and translating our knowledge into clinical practice.

Your presence and participation will contribute to the success of our program. Look forward to meeting you in Bengaluru. For any queries, you may contact us at "**pcosconference2017@gmail.com**".

Thanking You,

Warm Regards



Duru Shah
Founder President
The PCOS Society, India



Madhuri Patil
Scientific Coordinator
Organizing Chairperson



Helena Teede
President
The AE-PCOS Society



Enrico Carmina
CEO
The AE-PCOS Society

&

The Local Organizing Committee "PCOS – Unraveling the Enigma"

16th June 2017 – Pre-congress Workshop

09.00 am	Registration	
09.30 am - 01.00 pm	Workshop 1 Session 1: Ultrasound in PCOS	
09.30 am	■ <i>Diagnosis of PCOS by USG – What are the new criteria?</i>	Chander Lulla
09.45 am	■ <i>Is ultrasound a good diagnostic method in adolescent PCOS?</i>	S. Suresh
10.00 am	■ <i>Should Serum AMH replace ultrasound PCO morphology as a diagnostic marker?</i>	Nalini Mahajan
10.15 am	■ <i>Assessment of ovarian blood flow in PCOS, Does 3D power doppler have any role?</i>	Sonal Panchal
10.30 am	■ <i>Discussion</i>	
11.00 - 11.30 am	COFFEE BREAK	
11.30 am - 12.45 pm	Session 2: Monitoring a Fertility cycle	
11.30 am	■ <i>Should follicle monitoring be done by the fertility expert / radiologist / USG nurse?</i>	Pratap Kumar
11.45 am	■ <i>How should we monitor the follicles and endometrium during a COS cycle by ultrasound?</i>	Abha Majumdar
12.00 noon	■ <i>How should we assess OHSS by ultrasound, what are the high risk markers?</i>	Bina Vasan
12.15 pm	■ <i>Discussion</i>	
12.30 pm	Live Demonstration of ultrasound in PCOS women Experts: S. Suresh, Chander Lulla	Priti Venkatesh & Chitra Ganesh
01.30 - 02.30 pm	LUNCH	
02.30 - 05.30 pm	Workshop 2 Practical Management of Ovulation Induction in PCOS Experts: Richard Legro, Kamini Rao, Korula George, Sonia Malik, Madhuri Patil Moderators: Ameet Patki & Kedar Ganla Case-based discussion ■ <i>Lean / Obese PCOS</i> ■ <i>High AMH, Insulin resistance</i> ■ <i>GnRH agonist or antagonist</i> ■ <i>Which Gonadotropin – Step up or step down?</i> ■ <i>Monitoring the Ovulation Induction cycle – USG or USG + Hormones</i> ■ <i>Avoiding Premature LH surge and lutenization during COH</i> ■ <i>Role of laparoscopic drilling</i> ■ <i>Ultrasound only protocols for monitoring COS cycle</i>	
05.30 pm	COFFEE BREAK	

06.30 pm - 07.30 pm Inaugural Lectures

06.30 pm	■ <i>Vitamin D in the etiology and management of PCOS</i>	Helena Teede
06.50 pm	■ <i>Interaction</i>	
07.00 pm	■ <i>Adipose tissue dysfunction in PCOS</i>	Enrico Carmina
07.20 pm	■ <i>Interaction</i>	

07.30 - 08.30 pm Inauguration**08.30 pm DINNER****17th June 2017 – Conference Day 1 – Scientific Session 1****08.30 - 09.30 am Session 1:**

- Free Papers

09.30 - 10.45 am Session 2: Basics we need to Know

09.30 am	■ <i>Diagnosis of PCOS</i>	Anuja Dokras
09.45 am	■ <i>What are the different Phenotype of PCOS? Its importance in management</i>	Rekha Jlrge
10.00 am	■ <i>The role of environmental factors from fetal life to adulthood in PCOS</i>	Richard Legro
10.15 am	■ <i>"The thrifty gene" hypothesis--- how has the PCOS phenotype survived evolution?</i>	Joop Laven
10.30 am	■ <i>Discussion</i>	

11.00 - 11.30 am COFFEE BREAK**11.30 am - 12.30 pm Session 3: Obesity and PCOS**

11.30 am	■ <i>Metabolic risk of the "lean" PCOS women</i>	Shashank Joshi
11.45 am	■ <i>Weight loss drugs – How do we select the right formulation?</i>	Ganpati B.
12.00 noon	■ <i>When should we suggest Bariatric surgery in PCOS</i>	M. G. Bhat
12.15 pm	■ <i>Is snoring in obese women a health concern?</i>	Suma Kumar
12.30 pm	■ <i>Discussion</i>	

01.00 - 02.00 pm LUNCH**02.00 - 03.00 pm Session 4: Keynote Address**

02.00 pm	■ <i>Why and how should we measure androgen and insulin levels in PCOS women?</i>	Anuja Dokras
02.30 pm	■ <i>Role of GWAS in identifying the PCOS genes</i>	Joop Laven

03.00 - 04.00 pm	Session 5: Hirsutism and hyperandrogenism	
03.00 pm	■ Does Insulin Resistance (IR) cause hyperandrogenemia (HA) or HA causes IR?	Usha Sriram
03.15 pm	■ Medical options for women with Acne and Hirsutism	Gulrez Tyebkhan
03.30 pm	■ Cosmetic options	Rekha Sheth
03.45 pm	■ Discussion	
04.00 - 05.00 pm	Session 6: Current update on Inositols	
04.00 pm	■ Pharmacology and Mode of action	TBA
04.15 pm	■ Inositol and Reproductive Function	Mirudhubashini Govindarajan
04.30 pm	■ Current evidence for its use in Infertility and Pregnancy	Reeta Biliangady
04.45 pm	■ Discussion	
05.30 - 05.30 pm	COFFEE BREAK	
05.30 - 06.30 pm	Session 7: The Great Controversies	
	Controversy 1	
	<i>Should Metformin be continued in pregnancy (1st, 2nd and 3rd trimester)?</i>	
05.30 pm	■ Yes	Hema Divakar
05.45 pm	■ No	Susheela Rani
	Controversy 2	
	PCOS is associated with a higher pregnancy loss	
06.00 pm	■ Yes	Mala Arora
06.15 pm	■ No	Sheela Mane
06.30 - 07.30 pm	Session 8: Stump the Experts – Interesting cases	
	Moderator: Uday Thanawala, Anita Soni	
	Experts: Rama Vaidya, Geeta Arjun, Sujata Mishra, Ragini Agarwal, Shobhana Patted	
	■ Menstrual dysfunction in PCOS women	
	■ Insulin resistance and hyperandrogenemia	
	■ Gestational Diabetes Mellitus	
	■ Obstetric complications other than GDM	
07.30 pm	General Body Meeting of The PCOS Society (India)	
7.30 / 8.30 pm	PCOS Tambola	
08.30 pm	COCKTAILS AND DINNER	

18th June 2017 – Conference Day 2 – Scientific Session 2

08.00 am - 09.00 am Round Tables with development of Algorithms

1. *PCOS and Menopause*
2. *Management of acne, pigmentation*
3. *Increased lipids*
4. *GDM*

09.00 am - 10.30 am Session 9: Lifestyle Modification – Does it impact Fertility?

- | | | |
|----------|---|--------------|
| 09.00 am | ■ <i>How do lifestyle changes help in PCOS?</i> | Helena Teede |
| 09.15 am | ■ <i>Do Metformin and Inositols help</i> | Piya Ballani |
| 09.30 am | ■ <i>Exercise in PCOS</i> | Arti Prasad |
| 09.45 am | ■ <i>Nutrition in PCOS and role of anti-inflammatory diet</i> | Shilpa Joshi |
| 10.00 am | ■ <i>Discussion</i> | |

10.30 am - 11.30 am Session 10: PCOS and Assisted Reproduction

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|----------|---|---------------|
| 10.30 am | ■ <i>Does PCOS compromise the oocyte and embryo quality or the endometrium?</i> | Richard Legro |
| 10.45 am | ■ <i>Should "Freeze all" be a strategy in all PCOS women undergoing IVF?</i> | Duru Shah |
| 11.00 am | ■ <i>Does pre implantation genetic screening (PGS) followed by elective single embryo transfer (eSET) have a role in women with PCOS?</i> | Sadhana Desai |
| 11.15 am | ■ <i>Discussion</i> | |

11.30 am - 12.00 noon COFFEE BREAK

12.00 noon - 01.00 pm Session 11: Surgical options in PCOS

- | | | |
|------------|---|---------------|
| 12.00 noon | ■ <i>Ovarian Drilling – Current Status</i> | Paul P. G. |
| 12.15 pm | ■ <i>Endometrial Polyps</i> | Kanthi Bansal |
| 12.30 pm | ■ <i>Should we do a hysteroscopy Pre-IVF in all PCOS women?</i> | Sujata Kar |
| 12.45 pm | ■ <i>Discussion</i> | |

01.00 pm - 02.00 pm Session 12: Long-term effect of PCOS

- | | | |
|----------|---|---------------------|
| 01.00 pm | ■ <i>PCOS and Cancer Risk</i> | Sadhana Patwardhan |
| 01.15 pm | ■ <i>Dysfunctional Uterine Bleeding</i> | Arul Mozi Ramarajan |
| 01.30 pm | ■ <i>Liver and PCOS: what we really know?</i> | Enrico Carmina |
| 01.45 pm | ■ <i>Discussion</i> | |

02.00 pm Valedictory

02.15 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

Madhuri Patil

Organizing Chairperson

Sheela Mane

Organizing Co-Chairperson

Reeta Biliangady

Organizing Secretary

Bina Vasan

Organizing Secretary

Shobhana Patted

Treasurer

The AE-PCOS Society

Enrico Carmina

Executive Director & CEO

Helena Teede

President

Anuja Dokras

Past President

Vasan Elisabet Victorin

President Elect

International Faculty



Anuja Dokras, USA



Enrico Carmina, Italy



Helena Teede, Australia



Joop Laven, Netherlands



Richard Legro, USA

National Faculty

Abha Majumdar

Amit Patki

Anita Soni

Arti Prasad

Arul Mozi Ramarajan

Bina Vasan

Chander Lulla

Chitra Ganesh

Duru Shah

Ganpathi B.

Gita Arjun

Gulrez Tyebkhan

Hema Divakar

Kamini Rao

Kanthi Bansal

Kedar Ganla

Korula George

M. G. Bhat

Madhuri Patil

Mala Arora

Mirudhubashini Govindarajan

Nalini Mahajan

Padmarekha Jirge

Paul PG

Piya Ballani

Pratap Kumar

Priti Venkatesh

Ragini Agarwal

Rama Vaidya

Reeta Biliangady

Rekha Sheth

S. Suresh

Sadhana Desai

Sadhana Patwardhan

Sangeeta Agarwal

Shashank Joshi

Sheela Mane

Shilpa Joshi

Shobhana Patted

Sonal Panchal

Sonia Malik

Sujata Kar

Sujata Misra

Suma Kumar

Susheela Rani

Uday Thanawala

Usha Sriram

...many more

Free Papers

Total of 6 Papers will be accepted for oral presentation
Presentation for 8 minutes with 2 minutes of discussion
Other Abstracts will be poster presentation

Instruction for Poster presentation

- Maximum Size of poster should be 3 feet wide and 4 feet in height
- Poster should be put up by 9 am on 17th June 2017
- One person can present only 1 poster and registration for the conference is mandatory

Send in your **FREE**
PAPERS and POSTERS
Topic **PCOS**
Last date for Submission
5th June 2017
Abstract to be E-Mailed to
drmadhuripatil59@gmail.com

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