

9th Annual Conference

in collaboration with

The Androgen Excess and PCOS Society
& The Mumbai Obstetric and Gynaecological Society

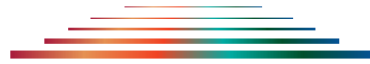
PCOS: An Old Story, With New Tales

21st 22nd & 23rd June, 2024

Pre-Congress workshops and Annual Conference

Venue: The Leela, Mumbai





"The International Conference on PCOS:
An Old Story, With New Tales

Organized by the PCOS Society of India in
collaboration with AEPCOS & MOGS



Friday 21st, 22nd and 23rd June 2024

09.30 am to 06.00pm Pre-congress Workshops

Workshop I: Managing Obesity in PCOS: the greatest wealth

Join us for this engrossing Workshop to help you solve all your queries regarding the ideal nutrition and exercise strategies for girls & women with PCOS. Learn from the experts on how to guide them better and optimise treatment outcomes. At every life stage of a PCOS patient, the first intervention step is lifestyle change. We bring forth to you the facts, the myths and all the handy tips you would love to know! The Workshop will also throw light on common dermatological concerns and their effective management. Weight gain and cosmetic issues are the common causes of mental health issues, which have gained recent attention in PCOS women. Learn from the experts on how you can assist your PCOS patients steer through their psychological issues and live better quality lives.

09.30 - 11.00am

Panel Discussion I: Nutrition for better health.

Some of the areas to be discussed:

- What are the daily Nutritional Requirements for girls and women?
- How do we adjust Nutritional Requirements in PCOS girls and women during different life stages?
- Does the method of cooking, eating Organic food, packaged food, dehydrated food etc. affect nutrition?
- You are what you eat: What is the correct diet for PCOS women?
- Intermittent Fasting: Myth or Reality?
- Cravings are mere thoughts: Can Behavioural modifications help?
- Do Nutraceuticals or natural herbal therapies help?
- Medications to lose appetite: Do they affect Nutrition?

Moderator: • Gynaecologist

Experts: • Nutritionist • Endocrinologist • General Physician
• Gynaecologist

11.00 - 11.30am Demonstration & discussion of healthy recipes for PCOS women.

11.30 - 01.00pm

Panel Discussion 2: Fitness and Exercise for better health

Some of the areas to be discussed:

- Obesity in Asian women: Is it different?
- How do we assess visceral fat?
- Biometric Report- how do we interpret it?
- Loading the Exercise gun against Obesity.
- What is the ideal exercise recommended in Lean PCOS?

- Does Yoga therapy help in PCOS?
- Obesity happens one pound at a time: What is the right time & place to exercise?
- How do we prevent injuries?
- When do we need a physiotherapist?
- Medications to lose weight

Moderator: • Gynaecologist

Experts: • Gynaecologist • Endocrinologist • Bariatric Surgeon
• Physiotherapist • Cardiologist

01.00 - 01.30pm Demonstration of Exercises for PCOS Women

- Cardio
- Pilates
- Strength Training
- Yoga
- Resistance Training
- Whilst at work

Lunch: 01.30 - 02.30pm

02.30 - 04.00pm

Panel Discussion 3: The Skin in PCOS: Telling Tales

Some of the areas to be discussed:

- Acne
- Alopecia
- Hirsutism
- Skin Tags
- Acanthosis Nigricans / Pigmentation
- Obesity

Moderator: • Gynaecologist

Experts: • Dermatologist • Endocrinologist • Cosmetologist
• Gynaecologist • Cosmetic Surgeon

04.00 - 04.30pm Demonstration of various cosmetic techniques

4.30 - 5.45pm

Panel Discussion 4: Mental Health in PCOS - the silent Struggle

Some of the areas to be discussed:

- Depression
- Eating Disorders
- Anxiety
- Stress
- Sleeping Disorders

Moderator: • Gynaecologist

Experts: • Psychiatrist • Psychologist • Neurologist
• Sleep Apnoea expert • Gynaecologist

05.45 - 06.00pm Take Home Messages

Friday 21st, June 2024 Hall B

09.30 - 06.00 pm Workshop II

PCOS & Infertility: Practical Management for Optimum Success

This workshop aims at introducing the basics of Fertility Management in PCOS women. Along with decoding the basic essentials, we will also delve into the science behind all interventions along with evidence-backed information. After a short case presentation by the speakers on an important practical topic on various issues related to Infertility and PCOS, all your queries will be addressed by both International and National Experts, during the extravagant time available for discussions. By the end of this informative Workshop, you will be well-acquainted to manage and treat your infertile PCOS patients

9.30 - 10.30am Session I: The fundamentals of PCOS

Case Presentation & Discussion

09.30 - 09.50am What's new in the Guidelines 2023

09.50 - 10.10am Obesity, PCOS and Fertility

10.10 - 10.30am Pre-treatment in an IVF cycle

10.30 - 11.30am Session 2: Controlled Ovarian Stimulation in PCOS

Case Presentation & Discussion

10.30 - 10.50am Ovarian stimulation protocols: for the high, and the Resistant Responder

10.50 - 11.10am Monitoring a COS cycle in PCOS

11.10 - 11.30am Preventing complications

11.30 - 12.30pm Session 3: Intra Uterine Insemination

Case Presentation & Discussion

11.30 - 11.50am Only Oral ovulogens or Gonadotropins for IUI cycles

11.50 - 12.10pm Final Shot: which trigger is best?

12.10 - 12.30pm All about IUI techniques: Inside out

12.30 - 1.30pm Session 4: Semen and Sperm

Case Presentation & Discussion

12.30 - 12.50pm Getting a grasp on interpreting the Semen report

12.50 - 01.10pm Semen wash - Protocols

01 10 - 1.30pm Inability to obtain a sperm sample

Lunch: 01.30 - 02.30pm

02.30 - 03.30pm Session 5: PCOS: Frozen Cycles

Case Presentation & Discussion

02.30 - 02.50pm "Freeze all" embryos - Are we skating on thin ice?

02.50 - 03.10pm Endometrial preparation for Frozen Thaw cycles: which one is the best?

03.10 - 3.30pm Frozen v/s Fresh cycles: Head-to-head comparison, is it possible?

03.30 - 04.30pm Session 6: The Frozen Cycle - Luteal phase support

03.30 - 03.50pm Luteal Support - Can we be on the same page?

03.50 - 04.10pm Routes and doses of Luteal Support Are they evidence based?

04.10 - 04.30pm Adjuvants for optimizing the endometrium- Still up in the air?

04.30 - 05:45pm Session 7: Panel Discussion on What else can we do in ART, exploring newer possibilities

- Faster, cheaper Ovulation Induction
- Pre-implantation Genetic evaluation of embryos
- Newer drugs
- Personalized Embryo Transfer
- Stem cell therapy and PRP etc.

05.45 - 06.00pm Overview of Workshop and Take-home messages by the Convenors

High Tea: 06.00 - 06.30pm



CONFERENCE: DAY 1

Saturday 22nd, June 2024

09.30 - 11.00am Session I. PCOS and Pregnancy: the rough road

09.30 - 09.50am Recurrent Miscarriages: how do we prevent them?

09.50 - 10.10am What are the newer innovations in Glucose monitoring?

10.10 - 10.30am How does hypothyroidism impact pregnancy?

10.30 - 11.00am Discussion

Coffee Break: 11.00 - 11.30am

11.30 - 12.00 noon Session II: Keynote Address: Do PCOS mothers create PCOS babies?

Breeding Male PCOS phenotypes:

Rob Norman

12.00 - 01.30pm Session III: Assessing Hormones in PCOS

12.00 - 12.20pm Barren & Bearding - Which Androgens should we measure?

12.20 - 12.40pm Women with very high AMH- should we celebrate?

12.40 - 01.00pm Progesterone levels in treatment and non- treatment cycles should we measure?

01.00 - 01.30pm Discussion

Lunch: 01.30 - 02.30pm

2.30 - 3.30 pm Session IV: The Silver lining in PCOS

Debate 1

02.30 - 02.50pm PCOS women make the best egg donors

- For
- Against

Debate 2

02.50 - 03.10pm PCOS women make the best Sportswomen

- Yes
- No

Debate 3

03.10 - 03.30pm TBA

03.30 - 04.00pm Session V:

Keynote Address: New insights into Reproductive Ageing:

Joop Laven

4.00 - 5.30 pm Session VI: The art of ART in PCOS

04.00 - 04.20pm Is there an ideal protocol and dosing regime of Gonadotropins in PCOS ?

04.20 - 04.40pm Is Endometrial Receptivity affected in PCOS ?

04.40 - 05.00pm What are the different roles which GnRh agonists can play in an ART cycle?

05.00 - 05.30pm Discussion

05.30 - 06.30 pm Session VII:

Panel Discussion: Value of Oral Contraceptive Pills one pill, many advantages!

Experts: • Gynaecologist x 2 • Cardiologist • Haematologist • Fertility Expert

Sunday 23rd, June, 2024

08.00 - 09.00am Session VIII: Round Tables with Breakfast

09.00 - 10.30am Session IX: PCOS beyond Menopause

09.00 - 09.20am Does PCOS impact bone strength and sports performance?

09.20 - 09.40am Which HRT is ideal in PCOS women?

09.40 - 10.00am Metformin beyond IR: What is its role in Endometrial hyperplasia?

10.00 - 10.30am Discussion

10.30 - 11.00am Session X:

Keynote Address: Does PCOS increase Cardiovascular risk?:

Anuja Dokras

Coffee Break: 11.00 - 11.30am

11.30 - 12.00am Session XI:

Keynote Address: Man, Machine & Magic... the Era of AI in ART:

Duru Shah

12.00 - 01.30pm Session XII: Promising therapies in PCOS

12.00 - 12.20pm Do Statins help hyperandrogenic women?

12.20 - 12.40pm Do Glucagon-like Peptide- 1 (GLP-1) Agonists help in controlling obesity?

12.40 - 01.00pm Do Prebiotics and Probiotics assist the Gut and Vaginal -Microbiome ?

01.00 - 01.30 pm Discussion

Lunch: 01.30 - 02.30pm

02.30 - 04.00 pm Session XIII: Emerging Evidence: Improving reproductive outcomes?

02.30 - 02.45pm Vitamin D: A misnomer, hormone or a vitamin

02.45 - 03.00pm Inositols: The myth, the experience and the evidence

03.00 - 03.15pm Can we slow down oocyte aging

03.15 - 03.45pm TBA

3.45 - 4.00 pm Discussion

04.00 - 05.00pm Session XIV: Quiz by the Youth Brigade

Tea / Coffee: 05.30pm

Meetings and Social Events

Friday 21st June, 2024

06.30 - 07.30pm General Body Meeting

08.00 - 10.00pm Banquet (by Invitation only)

Saturday 22nd June, 2024

07.30 pm - 09.00 pm Opening Ceremony

09.00pm onwards Cocktails and Dinner

Sunday 23rd June, 2024

05.00pm Valedictory

