

REPORT ON “REPRODUCTIVE HEALTH AND PREVENTIVE GYNAE ONCOLOGY AWARENESS”

SEMINAR



**SGRRIM&HS COLLEGE OF NURSING
PATEL NAGAR, DEHRADUN, UTTARAKHAND**

SEMINAR ON REPRODUCTIVE HEALTH AND PREVENTIVE GYNAE ONCOLOGY AWARENESS

ORGANISED BY SGRR COLLEGE OF NURSING(DEPARTMENT OF OBG)
IN COLLABORATION WITH SMI HOSPITAL



CHAIRPERSON

**PROF.
G. RAMALAKSHMI
(PRINCIPAL OF
COLLEGE OF NURSING)**



CO-CHAIRPERSON

**PROF. DINESHWORI
(HOD OF OBG
DEPARTMENT)**



GUEST SPEAKER

**DR. YAMINI KANSAL
(GYNAE
ONCOSURGEON)
MBBS, MD DNB, MCH**



GUEST SPEAKER

**DR. AAKRITI GUPTA
(ASSISTANT
PROFESSOR)
MD, FRM**

TOPIC: REPRODUCTIVE HEALTH AND PREVENTIVE GYNAE ONCOLOGY AWARENESS

TIME: 2:00PM - 4:00PM

DATE: 28-FEB.-2023

VENUE: SGRR COLLEGE OF NURSING

On 28th February 2023, SGRRIM & HS College Of Nursing (Department Of OBG) in Collaboration with SMI Hospital organized a seminar on **“REPRODUCTIVE HEALTH AND PREVENTIVE GYNAE ONCOLOGY AWARENESS”** with the cooperation of **CHAIRPERSON PROF. G. Ramalakshmi (PRINCIPAL OF COLLEGE OF NURSING)** and **CO- CHAIRPERSON PROF. Dineshwori Paonam (HOD OF OBG DEPARTMENT)**. The guest speaker of the seminar was **DR. Yamini Kansal (GYNAE ONCOSURGEON MBBS, MD DNB, MCH)** and **DR. Aakriti Gupta (ASSISTANT PROFESSOR MD, FRM)**.

The seminar started at 2pm with the Inauguration and welcome address by **MRS. Rebecca (ASSO. PROF)** followed by Welcome speech by **PROF. Dineshwori Paonam (HOD OF OBG DEPARTMENT)**. The dignitaries on the dais were chairperson, **CO- CHAIRPERSON PROF. Dineshwori Paonam (HOD OF OBG DEPARTMENT)**, **DR. Yamini Kansal (GYNAE ONCOSURGEON MBBS, MD DNB, MCH)** and **DR. Aakriti Gupta (ASSIT. PROF MD, FRM)**. 150 participants participate in the awareness program including faculty and students. Students of M. Sc (N), 2nd yr, M.Sc(N) 1ST yr. B.Sc.(N) 4TH yr., and Post B.Sc(N)2nd yr





The first session was started at 2:20 pm **DR. YAMINI KANSAL (GYNAE ONCOSURGEON MBBS, MD DNB, MCH)** on “Preventive Gynae Oncology” in which she discussed about Gynecological cancers, which begin in a woman’s reproductive organs, are the most prevalent cancers among women. They consist of ovarian, uterine, cervix, vaginal, and vulvar cancers. Although all of these cancers are treatable if detected at an early stage, they are also among the main causes of cancer-related deaths in women globally. As a result, it is important to understand the signs and triggers of these cancers.

DR. YAMINI KANSAL tells audience that gynecological cancers are the most common types of cancer found in women. The second most common type of cancer diagnosed in Indian women and the fourth most prevalent type in all women worldwide is cervical cancer. Human Papillomavirus (HPV) is the virus that causes this cancer which a majority of women get in their reproductive lives. “Women who marry young, have multiple children, practice poor genital hygiene, and have ongoing sexually transmitted diseases (STDs) are more likely to get cervical cancer,” according to Dr Yamini Kansal. Getting an HPV vaccine at a young age is the most

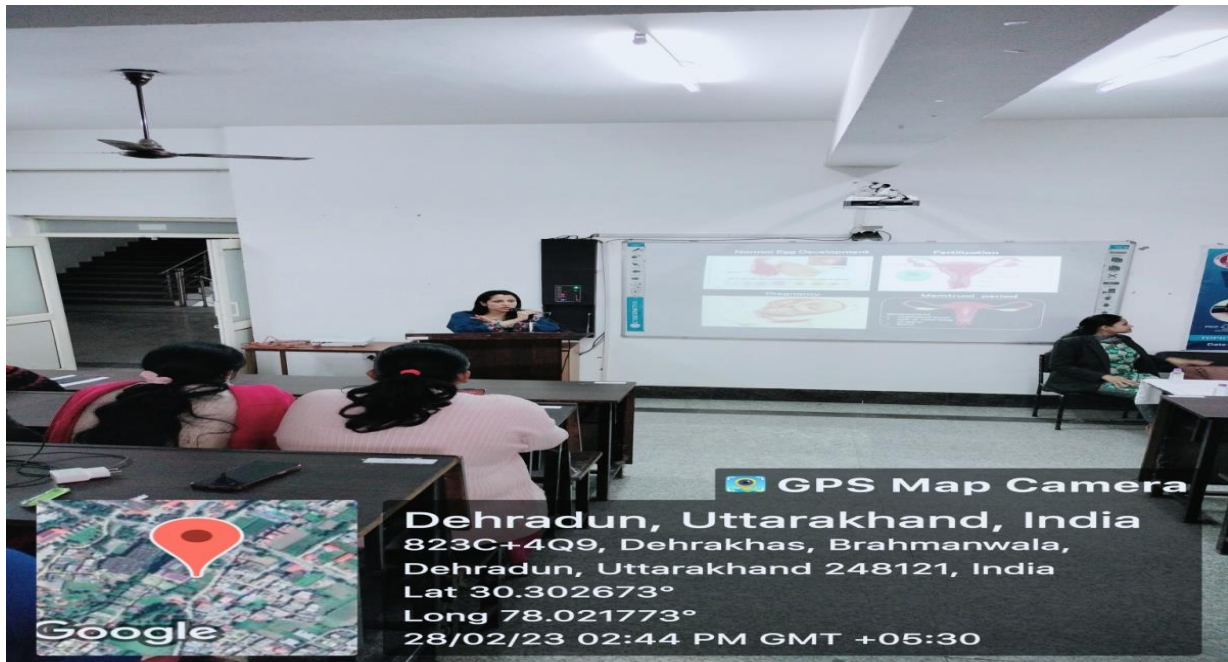
efficient way to avoid it. However, you can still get it until you turn 26. This cancer can definitely be treated, especially if it is detected early.



She also talked about the **TREATMENT** of cervical cancer which included a lot of chemotherapeutic drug combinations and immunotherapy improve survival. Adjuvant radiation therapies especially in cervical cancers are playing a pivoted role. “In spite of the quality treatment available, the best form of treatment is prevention which includes screening with a PAP smear, maintaining a healthy diet and lifestyle, genetic testing, HPV vaccines, and maintaining good hygiene,” says Dr Yamini.

The next started at 3:00 pm by **Dr. Aakriti Gupta** (Assistant Professor MD, FRM) on Reproductive Health in which she started with discussing the condition PCOD (Polycystic Ovarian Disease). Explaining the no difference between the terms PCOD and PCOS she included that PCOD is mostly caused by a combination of hormonal imbalance and genetic tendencies. In a standard menstrual cycle, the two ovaries will alternately release mature, ready-to-be-fertilized eggs each month. For someone with PCOD, however, the ovaries will often release either immature or only partially-mature eggs, which can go on to develop into cysts (little sacs filled with liquid).

Dr. Aakriti also communicated that Generally, the ovaries release a limited amount of androgens (male hormones) during the cycle - but in this case, the ovaries will start producing androgens in excess, which leads to symptoms like male pattern hair loss, abdominal weight gain, irregular periods, and in some extreme cases, even infertility.



“There is no set ‘cure’ as such for PCOD, but one of the best ways to manage it is by introducing changes in your lifestyle (after having consulted professionals, of course: your gynecologist, an endocrinologist and a dietician, preferably). Exercising and maintaining a healthy diet (low on sugars and carbohydrates, high on protein and fiber) are the most effective ways to get your PCOD under control.” Says **Dr. Aakriti Gupta**.

She also included that depending on the case, a person may be given medication to help balance their hormones. Some cases even require Second-line therapy - laparoscopic surgery, ovarian drilling, aromatase inhibitors, to name a few. However, this is not that common. People may further consult other doctors to treat some symptoms specifically - PCOD induced acne and hair loss can usually be solved by skin treatments, and although in most cases, after minimal aid with conception, one can expect a smooth pregnancy, about 20% of cases (based on data collected on Indian women) may require fertility drugs or other fertility-enhancing treatments should they want to carry a baby.

Dr. Aakriti explain the PCOD And PCOS terms more clearly by adding that PCOS has a lot of symptoms common with PCOD - weight gain, infertility, acne, irregular periods, etc. PCOS also induces metabolic syndrome, which increases risk of heart disease, strokes, and diabetes. It may also cause sleep apnea, which affects the body's ability to breathe while you are sleeping - this means sudden pauses in breathing or inability to breathe while asleep, which in turn leads to a highly disturbed sleep cycle. As no ovulation is taking place, the uterine lining (lining of the uterus) builds up every month, which can also increase chances of endometrial cancer.

Finally, the session moves towards end at 4:00pm by vote of thanks which was given by **MS. SHIVANI** (Nursing Tutor) and all got dispersed after refreshment.