

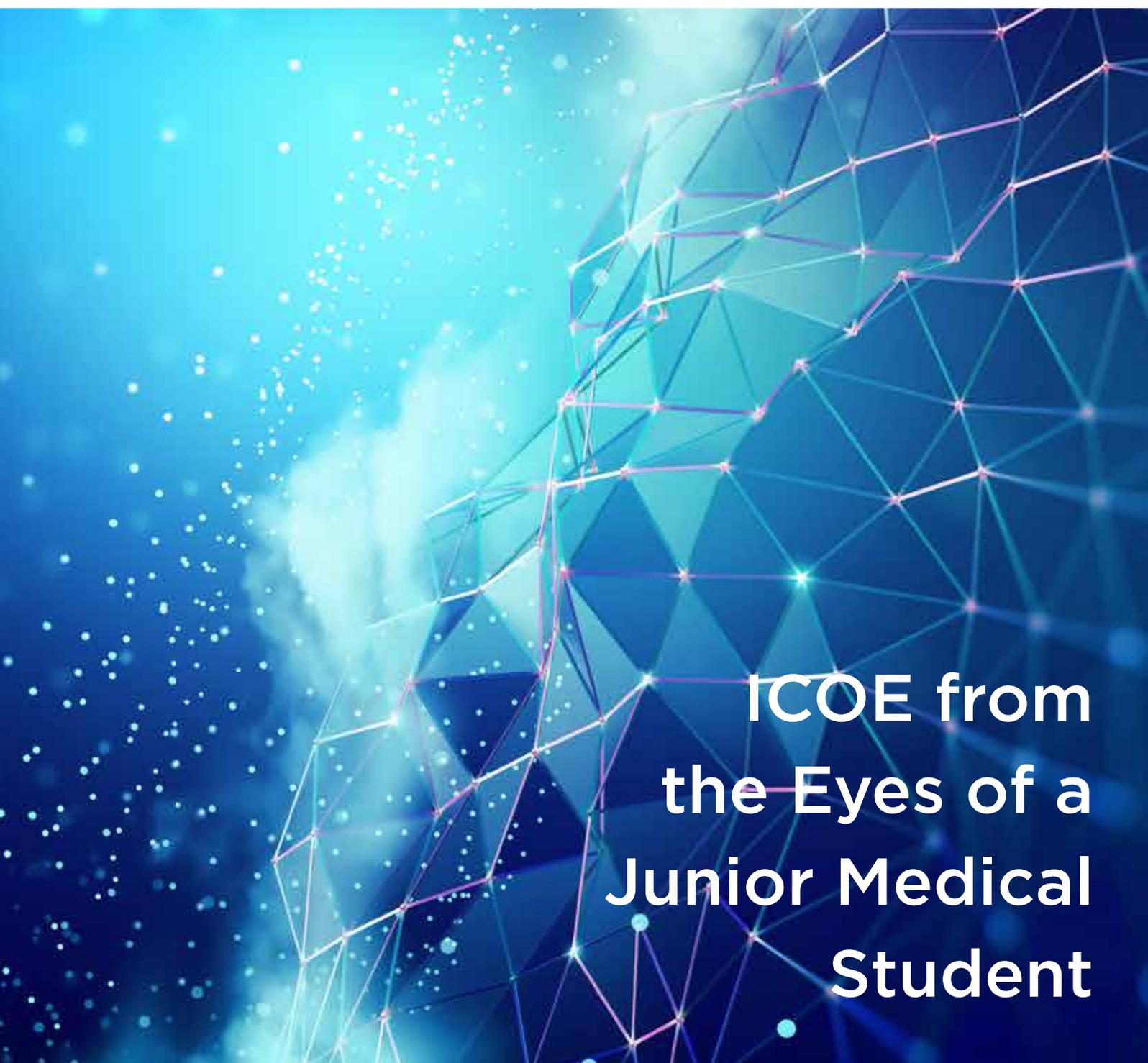
CONNECT



**INSIDE
INBOX**

The Malaysia Obstetrics and Gynaecology
Trainees Conference 2022

World Menopause
Day 2022



**ICOE from
the Eyes of a
Junior Medical
Student**

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Contents

01

From the President
Dato' Dr K. Balanathan

04

OGSM Subcommittees

06

OGSM State Representatives

10

ICOE from the Eyes of a
Junior Medical Student
Faith Sim Yen Xin

13

OGSM 2023
Prof Nazimah Idris

14

The Malaysia Obstetrics and Gynaecology
Trainees Conference 2022
Dr Jagdeesh Kaur

16

World Menopause Day 2022
Dr Premitha Damodaran

18

OGSM Congress 2022

20

AOFOG Congress 2022,
May 23-26 2022, Bali, Indonesia

OGSM Congress 2022

From the President

The Council has been in office for about six months. Since the pandemic, we were thinking of how best to serve our members. We have streamlined the work processes to make it easier for our members and staff. The staff had to reinvent themselves to serve us more efficiently throughout this pandemic, proving that they are able to cope.

Social media has been significantly used by our Council and staff so that not only our members, but also the public, will benefit and know about our activities. This may have been difficult in the past, but currently, with the internet, everything is available online, 24 hours a day. In this day and age, we must engage in social media and online platforms, otherwise, we will be left behind.

The membership register has been revamped for the benefit of our members. They will now know whether or not they are in arrears. I hope all members are up to date. We have been conducting numerous virtual webinars and congresses and I foresee that this will be the way forward. This has enabled our members to easily participate within their comfort zone. The next level will be going hybrid.

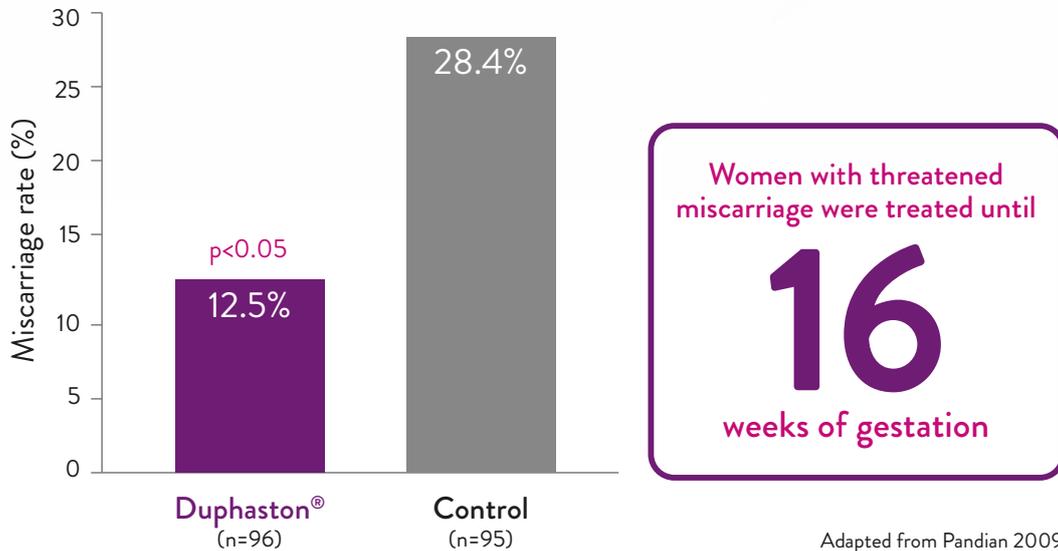
Our next Congress will take place in Penang from the 20th-23rd of July 2023. I hope that you will all mark these dates down in your calendar. We can continue to interact through e-mails to help make our Society better or to serve you all better. We do hope to see everyone during the next Congress.



Dato' Dr K. Balanathan
President
Obstetrical and Gynaecological
Society of Malaysia

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References: 1. Omar MH, et al. *Journal of Steroid Biochemistry & Molecular Biology*. 2005;97:421-425. 2. El-Zibdeh MY, et al. *Maturitas*. 2009;65S:S43-S46. 3. Pandian RU. *Maturitas*. 2009;65S:S47-S50. 4. IQVIA MIDAS Database MAT Q4 2021.

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References:

1. Gaspar C, Rolo J, Cerca N, Palmeira-de-Oliveira R, Martinez-de-Oliveira J, Palmeira-de-Oliveira A. Dequalinium Chloride Effectively Disrupts Bacterial Vaginosis (BV) Gardnerella spp. *Bio-Ims. Pathogens*. 2021 Feb 25;10(3):261. 2. Fluomizin Product Insert May 2018. 3. Mendling W, Weissenbacher ER, Gerber S, Prasauskas V, Crob P. Use of locally delivered dequalinium chloride in the treatment of vaginal infections: a review. *Arch.Gynecol. Obstet.* 2016;293:469-84. 4. Demina, T.N., O.N. Pilipenko, O.N., Jotenko, B.A., Baksheeva, O.L. The role of anti-microbial therapy in complex treatment of women with miscarriage. 2005. 5. Gynoflor® Product Insert, October 2011



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OGSM Subcommittees

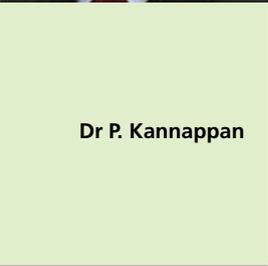


Dr Vijayan V

Maternal Fetal Medicine

Dr Vijayan V is the Director and Maternal Fetal Medicine Consultant of Aseana Perinatal Group, at Aseana O&G Specialist Clinic, The Curve, Mutiara Damansara.

He hopes to advance the Society's Maternal and Fetal Medicine activities, collaborations and particularly to start efforts to align fetal medicine service provisions given the current situation.



Dr P. Kannappan

Reproductive Medicine

Dr P. Kannappan is Consultant Obstetrician and Fertility Specialist at Sunway Medical Centre. He is also the Clinical Director at Sunway Fertility Centre.

He was previously on the Reproductive Medicine Subcommittee in 2016-2018.

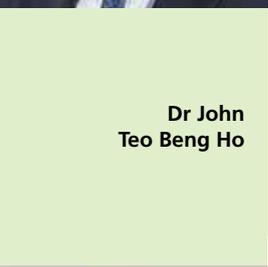
In this term, he hopes to organise fertility related CME programmes for the benefit of OGSM members.



Dr Suresh Kumarasamy

Gynae-oncology

Dr Suresh Kumarasamy is a Gynaecologist/Gynaecological Oncologist attached to Gleneagles Penang. During the coming term he would like to continue to organise educational and social activities among the Obstetrics & Gynaecological fraternity in Penang. This is to encourage fellowship and continuing medical education among colleagues in Penang.



Dr John Teo Beng Ho

Family Planning

Dr John Teo Beng Ho is a Private Obstetrician & Gynaecologist attached to Klinik Pakar Wanita & Perbidanan Lintas Square, Kota Kinabalu, Sabah.

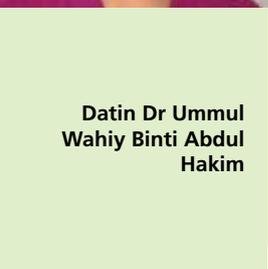
In the coming term, he would like to advocate on increasing contraceptive training and knowledge among healthcare professionals as an integral component of women healthcare.



Dr Premitha Damodaran

Menopause

Dr. Premitha Damodaran is an Obstetrician and Gynaecologist in the private sector. Her main interest has always been in menopausal health and in the past year she successfully spearheaded and launched the Clinical Practice Guidelines on Management of Menopause in Malaysia under the umbrella of the Obstetrical and Gynaecological Society of Malaysia and Malaysian Menopause Society. In 2023, she is continuing to disseminate this information by bringing out multi-lingual patient information pamphlets on menopause, starting a Menopause Certification Programme for doctors and is hoping to bring Menopause and the Workforce into the forefront of women's health.



Datin Dr Ummul Wahiy Binti Abdul Hakim

Gynae-Aesthetic

Datin Dr Ummul Wahiy, Consultant Obstetrician & Gynaecologist, and also the co founder of Hospital Umra with her husband Datuk Dr Mohamed Rafi in 2006. She is a certified LCP holder in aesthetic gynaecology and advocating Shariah Compliant Aesthetic treatments. She realised the value of a holistic approach in healing mentally, physically and emotionally and pursued to acquire a medical practitioner's qualification in hypnotherapy.



Dr Ng Poh Yin

Uro-Gynaecology

Dr Ng Poh Yin is a Senior Consultant & Head of Urogynaecology Unit at the Tunku Azizah Hospital, Kuala Lumpur.

She serves as the Vice President of Malaysia Urogynaecology Society and is the examiner for the Exit Exam, Board of Urogynaecology, Ministry of Health, Malaysia.

She is also a certified trainer for the Urogynaecology subspecialty and is actively involved in the MMed and MCOG training programmes.

Dr Ng has also been active in humanitarian work. She is an active member of the Tzu Chi Foundation and had been involved in medical outreach programs, providing medical care for disasters' victims worldwide.

Medico-legal Matters

Prof Dato' Dr N.K.S. Tharmaseelan is Professor of Obstetrics and Gynaecology at Manipal University, College, Malaysia at Melaka.

During this term, the committee hopes to continue hosting a series of medicolegal talks including a workshop if possible. We will also publish some articles in the OGSM publication, Connect, highlighting pertinent and relevant issues related to medicolegal affairs. The committee invites members' suggestions to the types of issues that need to be addressed. We hope that members make it possible for the committee to be more interactive so as to make OGSM more relevant. We await your input and feedback.

Paediatric & Adolescent Gynaecology

Associate Prof Dr Ani Amelia Dato' Zainuddin is a Consultant Obstetrician & Gynaecologist in Hospital Tunku Mukhriz Universiti Kebangsaan Malaysia (HCTM UKM), specializing in Paediatric & Adolescent Gynaecology (PAG). She is a Fellow of the International Federation of Paediatric and Adolescent Gynaecology which was created by the International Federation of Infant and Juvenile Gynaecology (FIGIJ) and the Head of the PAG Unit in HCTM UKM. Assoc Prof Ani Amelia Zainuddin is also the Vice President of the Asia Oceanic Society of PAG (AOSPAG). She aspires to promote and create awareness of the PAG subspecialty as an important emerging subspecialty in O&G and train the trainees in this field as the PAG subcommittee head in OGSM.

Trainee Matters

Dr Hoo Mei Lin is a Fertility Specialist and Gynaecologist specialising in Reproductive Medicine at Sunway Medical Centre based in Kuala Lumpur. Passionate in Training and Trainees as they are our future!

Corporate Social Responsibility

Dr Tan Lee Na is a Maternal Fetal Medicine Subspecialist and an Obstetrician and Gynaecologist currently practicing at Sarawak General Hospital, Kuching. During her term, she aspires to enhance the society's corporate social responsibility by promoting women's health through education, public engagement and community health projects.

Intensive Course in Obstetrics Emergencies (ICOE)

Dr Tang Boon Nee is a Consultant O&G in SJMC.

She is a Past President of OGSM and was a member of the steering committee that initialted the "Intensive Course in Obstetrics Emergencies - ICOE". She takes over from the previous course director, Dr. Guna PT. Rajan and hopes to continue and enhance the work that ICOE has done in Malaysia and in the regional countries; with the aim of better equipping the doctors and midwives in dealing with obstetrics emergencies.

Gynaecological Endoscopy

Dr Sharifah Halimah Jaafar is a Senior Consultant Obstetrician & Gynaecologist and Minimally Invasive Surgeon at Regency Specialist Hospital in Johor.

In her tenure, she hopes to foster unity and promote continuous learning amongst the gynaecologists across the country at all levels of expertise in Gynae-Endoscopy. She also aspires to spur enthusiasm in younger gynaecologists in Malaysia to acquire the endoscopy skill-set and help complete the learning curve to enable them to be adequately equipped to provide more women the benefits of minimally invasive surgeries. Dr Sharifah envisions that "All Gynaecologists Can Do Laparoscopic Surgery". Armed with such a vision, she sets out on her mission with great enthusiasm to bring together like-minded pioneers in this field to train younger Gynaecologists. #kitaajarkita

OGSM Newsletter

Dr Eeson Sinthamoney is a Past President of OGSM and a Director and Fertility Specialist at Sunfert International Fertility Centre in Bangsar South Kuala Lumpur.

In this term, he aspires to continue to build on the success of the revamped Society newsletter, hoping that it will help 'connect' our large and diverse fraternity.

Prof Dato' Dr N.K.S. Tharmaseelan



Associate Prof Dr Ani Amelia Dato' Zainuddin



Dr Hoo Mei Lin



Dr Tan Lee Na



Dr Tang Boon Nee



Dr Sharifah Halimah Jaafar



Dr Eeson Sinthamoney



OGSM State Representatives

Perlis

Dr Hari Ram a/l Ramayya is the Medical Director as well as Resident Consultant Obstetrician & Gynaecologist at KPJ Perlis Specialist Hospital.

He is a life member of the Obstetrical & Gynaecological Society of Malaysia (OGSM).

He hopes to continue his services in his hometown and further enhance the presence of OGSM in Perlis



Penang

Dr Suresh Kumarasamy is a Gynaecologist/Gynaecological Oncologist attached to Gleneagles Penang. During the coming term he would like to encourage fellowship and continuing medical education among colleagues in Penang.



Perak

Dr Jayabalan Valliappan is a Gynaecologist and Fertility Specialist in Hospital Pantai Ipoh. He plans to organised more activities among the Obstetrics & Gynaecological fraternity in Perak.



Kuala Lumpur/Selangor

Dr Wan Elly Rushima Wan Abdul Rahim is currently a Consultant Obstetrician and Gynaecologist at Hospital UMRA, Shah Alam.

She has been an OGSM member since 2012.

Dr Wan Elly has been practicing Obstetrics and Gynaecology for almost 15 years with a special interest in Gynae-Aesthetics and Obstetrics Emergencies. She aspires on giving the best overall healthcare to women experiencing motherhood as it will ensure a successful and prosperous society.

Negeri Sembilan

Dr Mimi Farleena binti Rossman is an Obstetrics & Gynaecology Specialist in Hospital Tuanku Jaafar Seremban.

She is currently doing her sub-specialty fellowship in Gynae-Oncology.

She hopes to strengthen the Gynae-Oncology service in the country in general and in Negeri Sembilan in particular. She also aspires to involve the Society in developing Gyane-oncology training and development of protocols.



Melaka

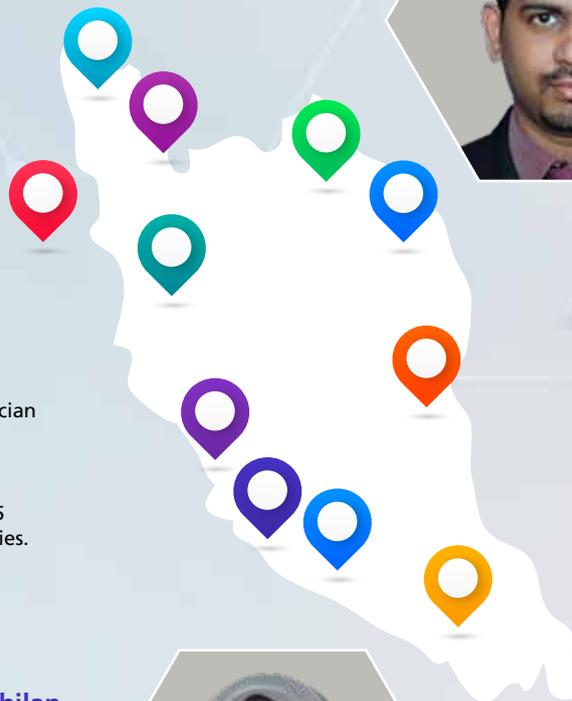
Dr Pravin Peraba is the resident fertility consultant of Metro IVF Melaka. He also practices as a visiting O&G consultant at Hospital Pantai Ayer Keroh and Putra Specialist Hospital. He is a life member of OGSM and was on the organizing committee of the 2007 and 2008 congresses

Dr Pravin envisions an OGSM that is inclusive for all and able to meet the needs of all O&G practitioners in this country. Amidst a rising tide of misinformation and fake products and services, OGSM must stand like a beacon for what is evidence based and regulated.



Kedah

Dr Gopinath Muruti is an Obstetrician and Gynaecologist in Hospital Sultan Abdul Halim, Sungai Petani, Kedah. He has been as OGSM member since 2011. He is an enthusiast of endoscopic surgery and in this term, he hopes to work together with OGSM council members in organizing courses and conferences locally or internationally for the benefit of all doctors and paramedics.



Kelantan

Dr Halimatun binti Mansor is an ObGyn Specialist working in Hospital Raja Perempuan Zainab II, Kota Bharu, Kelantan. Due to the pandemic Covid-19, many OGSM activities were unable to proceed. I am planning for this term, a more comprehensive and scheduled activities for OGSM members in Kelantan.



Terengganu

Dr Malini Mat Napes is an OBGYN and Fertility Specialist at Hospital Sultanah Nur Zahirah, Kuala Terengganu. She had been OGSM state representative since 2012 and had many activities done since then. Last year, few events had to be postponed due to the Covid-19 pandemic. In this term, she hopes to continue providing educational updates in different areas of women's health for OGSM members in Trengganu.

Pahang

Dr Wan Zainab binti Wan Mohd Nor is an O&G specialist at Hospital Tengku Ampuan Afzan.

The plan of the year is to be able to connect all Pahang's O&G fraternity in OGSM activities and to raise the awareness of maternal health.



Johor

Dr Rajesh Mahendran is a Consultant Obstetrician and Gynaecologist in Columbia Asia Hospital, Iskandar Puteri, Johor Bahru since June 2010. His main area of interest is in Advanced Laparoscopic Gynaecologic procedures. He intends not only taking this specialised area to greater heights but also to train the skills of upcoming and budding gynaecologists in Johor Bahru.

He is also an active Life Member of the Obstetrical and Gynaecological Society of Malaysia since 2007.



Sabah

Prof Dr Helen Benedict Lasimbang is a consultant Obstetrician & Gynaecologist and the Director of Hospital Universiti Malaysia Sabah (HUMS), the first University Hospital in Borneo.

She has been a life member of OGSM since 1997.

In this term, she hopes to get more new members residing in Sabah to join the society and OGSM activities. She also hopes to connect members in the public, private and university to do collaborative work to improve women's reproductive health in Sabah.



Sarawak

Dr Angeline Wong Tze Yin is an O&G specialist in Sarawak General Hospital. She has been the Sarawak representative since 2019. In this term, she hopes to improve communication between members and the society and to promote continuous education via virtual learning.





Obstetrical and Gynaecological
Society of Malaysia

30th

International Congress of the
**Obstetrical and
Gynaecological
Society of Malaysia**

IMPORTANT DATES

Abstract submission deadline
31 May 2023

Abstract acceptance notification
15 June 2023

Early bird registration deadline
30 June 2023

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Faith Sim Yen Xin
Second-year medical student
Monash University Malaysia

ICOE from the Eyes of a Junior Medical Student

In January 2023, upon completing my second year in medical school, I was delighted to have the opportunity to be an observer for the ICOE course held in Vientiane, Laos. On the day of arrival, we were warmly welcomed by the local trainers and headed to the venue, Mother and Child Central Hospital. The Malaysian trainers have worked in partnership with the local trainers in setting up the stations. In relation to that, the Malaysian team has supplemented various medical equipment to allow for the best learning experience.

The course officially began with a pre-course skills assessment to gauge the skills of the participants. The training was then carried out in the form of breakouts, which is unarguably an effective way to facilitate an individual's learning. As Anton Chekhov stated, "Knowledge is of no value unless you put it into practice." ICOE has emphasised on practical learning by exposing the trainees to various simulated conditions, thus promoting a more interactive approach, and allowing participants to gain a deeper understanding. In addition to that, the importance of debriefing and feedback was also one of the highlights of this course. This is because feedback promotes personal and professional growth by focusing on constructive criticism, bringing both parties together, enabling a productive communication flow. The course then ended with a post-assessment, and the improvement shown by each trainee proved that the goals of this course were met.

Personally, this course acts as a powerful motivational tool, which reinforces the lessons and theories I learnt in school, thus encouraging further learning in the field of Obstetrics and Gynecology. By implementing a more hands-on training, this course has expanded my knowledge in a more tangible manner. As an observer, I believe that ICOE is an important rite of passage and has positively impacted the local doctors' personal development, enhancing their confidence in managing various obstetric emergencies. From the social aspect, ICOE has provided a platform for cross-cultural communication, which is essential to empower all parties to gain from the flow of valuable knowledge.

As a second-year medical student, this intensive course was both rewarding and beneficial. In short, I strongly believe that the continuous effort of organising ICOE has served as an amazing opportunity for medical personnels to sharpen and reinforce both their medical knowledge and skill in managing various obstetric emergencies thus, improving maternal morbidity and mortality in Laos.



▶ Day of Arrival
(12/1/2023)



▶ Pre-Course Skills
Assessment:
ABC+CPR (left),
Breech (right)



▶ Day 1: ABC+CPR (left),
Maternal Resuscitation
(right)



▶ Day 2: Vacuum/Forceps
(left), Injuries/Incisions
(right)



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reduction

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of age (95% CI: 63.9,
92.6; P<0.001)⁶

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Before prescribing, please refer to the full prescribing information, which is available via scanning this QR code. For any issues accessing the prescribing information via QR code, please contact GSK Malaysia at medinfo.my@gsk.com.

CDC: Centers for Disease Control and Prevention; WHO: World Health Organization; MSIDC: Malaysian Society of Infectious Diseases and Chemotherapy.

References: 1. Boostrix Malaysia Prescribing Information, Version GDS12/IP113. 2. Sanofi Pasteur MSD Ltd. DTaP vaccine SmPC, 2018. [accessed January 2019]; available at www.hpra.ie/img/uploaded/swedocuments/LicenseSPC_PA2131-010-002_21022018164037.pdf. 3. Sanofi Pasteur MSD Ltd. DTaP/IPV vaccine SmPC, 2018. [accessed January 2019]; available at www.hpra.ie/img/uploaded/swedocuments/LicenseSPC_PA2131-006-001_18012018144214.pdf. 4. Perrett KP et al. Vaccine 2020;38:2095–2104. 5. Bellido-Blasco J, et al. Euro surveillance. 2017;22:1-7. 6. Vizzotti C, et al. Vaccine 2015;33:6413–6419. 7. World Health Organization. Pertussis vaccines: WHO position paper – August 2015. Wkly Epidemiol Rec 2015;90:433–460. 8. CDC. Available at: <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult-conditions.html>. Last accessed: Mar 2021. 9. Malaysian Society of Infectious Disease and Chemotherapy (MSIDC). Guidelines for Adult Immunisation, 2020, 3rd edition. Retrieved from: <https://msidc.com.my>. 10. World Health Organisation (WHO). WHO vaccine-preventable diseases: monitoring system, 2020 global summary. Available at: https://apps.who.int/immunization_monitoring/globalsummary/schedules; Last accessed: May 2021. 11. GlaxoSmithKline. Data on File: DTP portfolio, DNG Number: 2021N465985_00.

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Prof Nazimah Idris

Organising Chairperson on behalf of the Organising Committee for the 30th International Congress of the Obstetrical and Gynaecological Society of Malaysia

OGSM 2023

Dear friends,

It is my pleasure to announce that the 30th International Congress of the Obstetrical and Gynaecological Society of Malaysia will be held on the 20-23rd of July 2023 at the Setia SPICE Convention Centre in the beautiful state of Pulau Pinang, Malaysia.

The theme for this year's Congress is Acquire, Appraise, Accomplish. We hope the Congress will be a platform for you to acquire knowledge and skills, appraise the evidence presented and accomplish what you have set out to do regarding professional capability and development. This is also an avenue for us to meet old friends and make new ones as well as build professional and sometimes personal networks.

The Organising Committee began working as soon as the last Congress had ended. To date, we have made good progress in preparing the programme to be ready for you. The scientific programme will be comprehensive, current and critical to our work in women's health. Eminent speakers, both local and international, who are all experts in their respective fields will be with us at the Congress to share their knowledge and wisdom. Some will be with us in Penang, while others will deliver their lectures on the online platform. Several new sessions will be introduced at the Congress. I hope you will find them stimulating and useful.

We would like to invite colleagues to share their scientific work at the Congress via the Free Communication sessions. Perhaps you will be the winner of the Best Paper award this time? In addition to the usual awards, we will be introducing a new category. Please look out for that. All abstracts accepted for presentation will be published in the Supplementary Volume of the Medical Journal of Malaysia.

We have chosen Pulau Pinang as the Congress venue. It is a beautiful state with gorgeous beaches, friendly people and the most sumptuous food! The durians should still be in season in July, so that will be an added attraction. Besides attending the Congress, do come with family and friends, take the time to explore Penang and enjoy what Penang has to offer. We will see you in Penang soon!



Dr Jagdeesh Kaur
Obstetrician and Gynaecologist
Hospital Sultanah Nur Zahirah,
Kuala Terengganu



The Malaysia Obstetrics and Gynaecology Trainees Conference 2022

In the post-pandemic era, numerous conferences and workshops were organised to encourage continuous medical education among healthcare providers. However, conferences dedicated to Obstetrics and Gynaecology (O&G) trainees were sparse. Guided with the passion to organise an exclusive conference for trainees, the Malaysia O&G Trainees Conference 2022 came into existence.

The conference was organised by the Royal College of Obstetricians and Gynaecologists (RCOG) International Representative Committee of Malaysia (IRC) in collaboration with the Obstetrical and Gynaecological Society of Malaysia (OGSM) and College of Obstetricians and Gynaecologists, Academy of Medicine, Malaysia (COGAMM). It was held on the 20th and 21st of October 2022 at the AC Hotel by Marriott in Kuala Lumpur. The chosen theme was 'Coming Together to Push Forward', which symbolised the gathering of O&G trainees from across Malaysia to share experiences, network and build a community.

The idea and determination to run a trainee conference was initially created in June 2022, spearheaded by Dr Tang Boon Nee and a group of young O&G specialists, who had recently been accepted as



members of RCOG. Despite the short time to plan, a total of 67 registered trainees participated in the conference. The scientific programme was elaborate with lectures, forums and debates in the morning, followed by workshops towards the second half of the day with a simple aim to inspire, share and motivate. The conference brought together 19 speakers from all over Malaysia who discussed various relevant topics. Some of the topics covered were 'The O&G Parallel Pathway: Where We Were and Where We Are Heading' by Prof Datuk Dr Hj Rohaizat Hj Yon, 'Improving Communication Skills' by Prof Dr Sharifah Suhaila and 'Medico legal topics' by Datuk Dr Tham Seng Woh and Dr H. Krishna Kumar.

A special forum was also held on the first day where trainees were able to rub shoulders with Prof Dato' Dr Sivalingam Nalliah, Dato' Dr Alex Matthews and Prof Dr Muhammad Abdul Jamil to stimulate and light a spark of serving the nation in the young trainees. The trainees learnt from the speakers' experiences and stories of how the O&G fraternity changed over the decades. A special lecture segment entitled 'Datuk Dr John Loh Lecture' was delivered by Dr J. Ravichandran Jeganathan, who presented a topic on 'Supporting Doctors after Adverse Clinical Outcomes', which was a moving subject and related to so many young doctors in the field of medicine.

During the first day, the conference continued with workshops in the afternoon on 'Perineal Trauma Repair' by Dr Ng Poh Yin and her team, 'Basic Suturing' by Dr Joyce Lee and 'Laparoscopic Skills' by Dr Shahril Bin Abu Bakar. On the second day, the workshops covered the topics of 'Instrumental Delivery' by Dr Gunasegaran P.T. Rajan, 'Colposcopy' by D. Chew Ghee Kheng and Assoc Prof Dr Kavitha Nagandla and 'Hysteroscopy' by Dr Lee Say Fatt. Each of these workshops included one-on-one training and hands-on opportunities for participants.

Overall, it was a full two days of fellowship, and the general feedback was encouraging. This provided momentum and justification to make the trainees' conference an annual event. The mounting support received from all speakers and workshop trainers was enormous. A Malaysian trainee conference should be a safe haven for the gathering of trainees to propel each other forward and build a strong sense of community. It is anticipated that in the near future, more conferences devoted to young O&G trainees will be held to support their career development and personal journeys in becoming future O&G Specialists in Malaysia.





Dr Premitha Damodaran

Consultant Obstetrician & Gynaecologist
Pantai Medical Centre Kuala Lumpur

World Menopause Day 2022

World Menopause Day which is held every year on the 18th of October was designed to raise awareness of menopause and support options to improve health and well-being for women during the mid-life stage and beyond.

Theme for 2022: **COGNITION & MOOD**

What is Menopausal Brain Fog?

Menopausal brain fog is a group of symptoms that occurs around the time of menopause, which includes difficulty remembering words and numbers, disruptions in daily life (misplacing items like keys), trouble concentrating (absent mindedness, losing train of thought, more easily distracted), difficulty switching between tasks, forgetting the reason for doing something (like why you came into a room) and forgetting appointments and events. Brain fog is normal and common at midlife. However, it can affect the quality of life. Fortunately, it is usually mild and tends to improve post menopause.

These memory complaints may be caused by rising and falling hormone levels, especially oestrogen, and by some menopausal symptoms such as hot flashes, sleep disturbances and mood changes.

These symptoms are not associated with dementia or Alzheimer's disease and will usually go away with time.

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KEY MESSAGES ON MENOPAUSE & MENOPAUSAL HORMONE THERAPY (MHT)

- 1 Women undergoing menopause should be thoroughly evaluated to include a detailed history and a complete physical examination. Risk factor assessment for possible medical problems help in the prevention and early diagnosis of menopause related health issues.
- 2 Abnormal uterine bleeding during perimenopause should always be investigated based on the FIGO classification system of PALM-COEIN (polyps, adenomyosis, leiomyoma, malignancy, coagulation disorders, ovulatory disorders, endometrial causes, iatrogenic causes and causes which are not otherwise classified).
- 3 Menopausal hormone therapy initiated within 10 years of the last menstrual period or in women younger than 60 years is an effective treatment for the following indications:
 - Women with moderate to severe vasomotor symptoms
 - Prevention and treatment of osteoporosis
 - Genitourinary Syndrome of Menopause (GSM)
- 4 There is currently no time limit to the duration of menopausal hormone therapy usage. However, every woman on menopausal hormone therapy should have a risk/benefit assessment done on a yearly basis. Patient care should always be individualised for safety reasons.
- 5 Women who initiate menopausal hormone therapy 10 years after menopause have a higher absolute risk of coronary heart disease, stroke, venous thromboembolism and dementia.
- 6 In view of the long-term health sequelae in women with premature ovarian insufficiency, treatment with oestrogen (and progestogen in women with intact uterus) is strongly recommended.

UT-Fend

A Natural & Antibiotic-free
UTI solution



Formulated with the finest ingredients, *Exocyan™* Cranberry extract from France, Propolis, *Nutrifood®* Red Berries from the Netherlands, and Zinc to aid in the prevention and management of Urinary Tract Infection (UTI). UT-Fend has sufficient levels of bioactive component (A-Types PACs) proven to eliminate Uropathogenic Escherichia coli (UPEC) bacteria.

Conquering Recurrent UTI with UT-Fend & Gynafresh

Gynafresh Intimate Wash

Protection from the outside in. A formulation that focuses on vulva hygiene as many infections are introduced into the vagina from the vulva. It is a mild hypoallergenic wash that contains lactic acid, natural essential oils (*lavender & rosemary*) and chamomile extract.

Safe to use during pregnancy, menstruation & menopause

Relieves itch

Kills odour-causing bacteria

Maintains normal vaginal pH level (pH 4.5)

Free from soap & alcohol

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OGSM Congress 2022





AOFOG Congress 2022, May 23-26 2022, Bali, Indonesia



The Malaysia Lecture 2022 entitled “Rising Obesity in Pregnancy: Tipping the Scales of Clinical/Translational Medicine” in conjunction with the AOFOG Congress 2022 was delivered by Professor Frank Louwen.

Professor Louwen is a Full Professor of Medicine / Gynecology and Obstetrics at the Goethe University Frankfurt, Germany and is currently Chief of the Division of Obstetrics & Prenatal Medicine. He has had a very distinguished academic and clinical career and unsurprisingly, he was voted the top German physician in Obstetrics and Prenatal medicine for 2021. He was conferred an Honorary Doctorate from the Russian Academy of Sciences and is a Fellow ad eundem of the Royal College of Obstetricians & Gynaecologists UK. His current research is focused on molecular biology in relation to clinical medicine and in particular the influence of adipose tissue-derived stem cells (ASCs) on pre-eclampsia and cancer.

Not one to rest on his laurels, he has also been very active in training and guiding both undergraduate and postgraduate students and sits on the Goethe University Medical School Scientific and Ethics Committees. He has been an advisor to the World Association of Trainees in Obstetrics & Gynecology (WATOG) and in 2019, he attended the AOFOG Congress in Manila expressly to spend time and network with the AOFOG Young Gynaecology Awardees.

Professor Louwen is the Vice President of the German Society of Gynecology and Obstetrics and is a board member for quality management in the German government. He is also the President Elect of the European Board & College of Obstetrics & Gynaecology (EBCOG) and most recently, he was the Chair of the Scientific Programme Committee for the very successful FIGO World Congress held in October 2021.