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Cutting Edge 2019 takes a hard look at personalized women's healthcare and fertility

Obesity and lifestyle affect male fertility.

Bengaluru, May 11, 2019: Endometriosis in teenagers can affect their fertility and are advised not to ignore symptoms of endometriosis. Women as a mother, complexity of her health and woman's pride, which were core subjects at the two-day Cutting Edge 2019 Conference in Bengaluru, had a session on endometriosis in teenagers, and the doctors discussed various diagnostic and treatment options on whole gamut of women's health.



It has been noticed that endometriosis in teenagers is not detected often because the patients go to GPs (general practitioner) about heavy and extremely painful periods, instead of visiting a gynecologist. Detection of endometriosis is not done as most GPs brush off symptoms as 'women's problems' and offer painkillers. It is time to wake up.

Women today make up 49.6% of the total population of world. Team ARTIST, under the leadership of Dr. Hema Divakar, held conference on women's health, infertility and endoscopy. Dr. Hema said in her opening remarks that *"it is amazing to see how we as obgyn are challenged from basic requirements of bringing down the maternal mortality to the complex luxuries of aesthetic surgery."*

Dr. Hema Divakar, CEO of ARTIST (Asian Research & Training Institute for Skill Transfer) which hosts the annual Cutting Edge conferences, said *"We are dealing with a spectrum of problems in women's healthcare to cater to the need of the girls and women rather than being judgmental on the need for surgeries like vaginal rejuvenation. It is the question of offering a choice to the empowered girls and women, let them make the decision."*

Post-lunch session on Saturday saw a host experts grapple with issues of male infertility and the need of correct evaluation for better treatment method.

The central theme was decline in male fertility and various causes. Obesity and lifestyle emerged as main culprits in the decline of quality of sperms. Obesity has taken toll of



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potency and in turn is affecting chances of pregnancy. Doctors advised against obesity and sought changes in lifestyle, if young couple plans on having children.

During various scientific sessions doctors also spoke on adoption of various fertility procedures like Intrauterine Insemination (IUI), In vitro fertilization (IVF) and Intracytoplasmic Sperm Injection (ICSI).

IUI is a fertility treatment that involves placing sperm inside a woman's uterus to facilitate fertilization. IVF is a process of fertilisation where an egg is combined with sperm outside the body, in vitro, and ICSI is a specialised form of In Vitro Fertilisation (IVF) that is used primarily for the treatment of severe cases of male-factor infertility. ICSI involves the injection of a single sperm directly into a mature egg.

<https://mediatech914.wordpress.com/2019/05/13/cutting-edge-2019-takes-a-hard-look-at-personalized-womens-healthcare-and-fertility/>