

8th Annual Conference of The PCOS Society, India

and

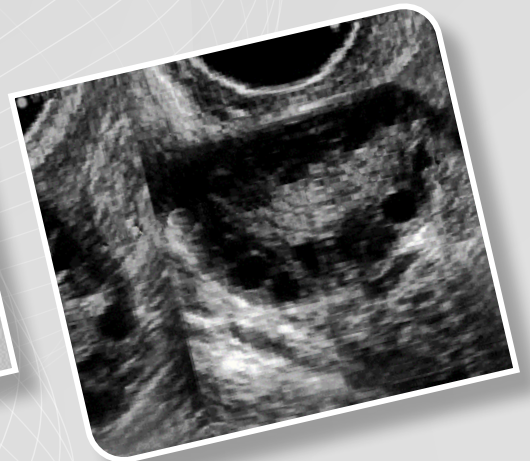
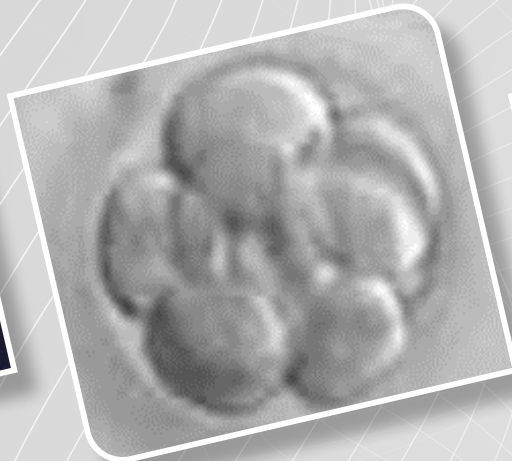
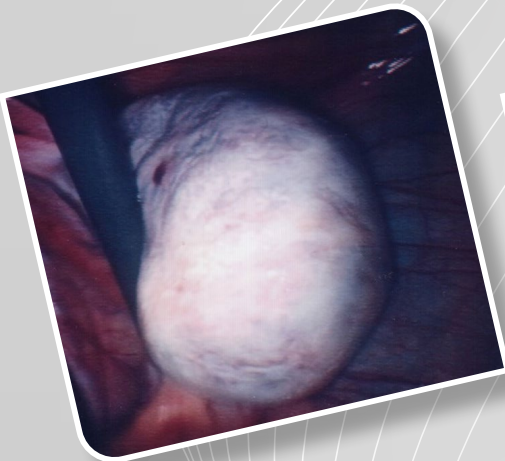
3rd Regional Conference of Asia Pacific Initiative on Reproduction (ASPIRE)

in collaboration with

Indian Society for Assisted Reproduction (ISAR)

There is more to
**PCOS
& ART**
...beyond the obvious

Karnataka
Medical Council wards
Delegates 5 CME
credit points
Faculty 6 CME
credit points



9th, 10th & 11th June, 2023

At Hotel J W Marriott, Vithal Malya Road, Bengaluru 560001, Karnataka, India

Organized by The PCOS Society, India
Hosted by Karnataka Chapter of ISAR (KISAR)

Welcome Message

Dear Friends & Colleagues,

On behalf of the PCOS Society of India, ASPIRE and ISAR it gives us great pleasure in inviting you to participate in the forthcoming International Joint Conference “**There is more to PCOS and ART** **Beyond the obvious**” hosted by “The PCOS Society of India” in collaboration with ASPIRE and ISAR “to be held at “**J W Marriott**” Bengaluru on 9th, 10th and 11th June 2023.

The Conference will deliberate on practice pathways in PCOS. Reproductive endocrinology, infertility and reproductive surgery which 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 six Pre-Congress Workshops; “Ultrasound in PCOS” and “Practical Aspects of Ovulation Induction”.

This meeting will provide a platform for clinicians to exchange information and share multidisciplinary treatment strategies with international and national experts. We look forward to a fantastic experience of learning and translating our knowledge into clinical practice.

We are delighted to invite you to a 3 day event of Academics and Fellowship. 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 “ @gmail.com”.

Thanking You,

Warm Regards



Duru Shah

Duru Shah
President
The PCOS Society
Organising Chairperson



T C Li

T C Li (Hong Kong)
President
ASPIRE



Nandita P. Palshetkar

Nandita Palshetkar
President
ISAR



Madhuri Patil

Madhuri Patil/Manjunath Swamy
Organising Co-chairpersons



Manjunath Swamy



9th June 2023

Day 1: Workshops

The Hampi Hall	Workshop 1: Insulin Resistance in PCOS	The Bijapur Hall	Workshop 2: Embryo Biopsy and PGT	The Badami Hall	Workshop 3: Body image and PCOS
9.00 – 10.30 am	Session 1: Diagnosis	9.00 – 10.30 am	Session 1: Basics	9.00 – 10.30 am	Session 1: Dermatological Manifestations and Management
9.00 am	Insulin Resistance and Hyperandrogenaemia - Which comes first? Ganpathi B	9.00 am	From oocyte to blastocyst biopsy – overcoming challenges in embryo culture. Parasuram Gopinath	9.00 am	Adult Female Acne: Are Derms and Endocrinologists at Crossroads? Priya Chinappa
9.20 am	How do we assess Insulin Resistance in lean and obese PCOS? Vageesh Ayyar	9.20 am	Application on genomics in IVF or PGT - Michael Richardson	9.15 am	Hirsutism: A clinical judgement vs Biochemical evaluation. Belinda George
9.40 am	Insulin resistance and Cardiovascular events - Are they connected? Sreekanth Shetty	9.40 am	Mechanism of embryo self correction and its consequences. Muthukumar K	9.30 am -	Acanthosis nigricans and Skin tags: Enough to diagnose Insulin Resistance. Gulrez Tyebkhan
				9.45 am -	Alopecia: should this be Androgenic Alopecia or Female Pattern hair loss? Nischal K C
10.00 am	Discussion	10.00 am	Discussion	10.00 am	Discussion
10.30 am	Coffee Break				
11.00 – 12.30 pm	Session 2: Treatment	11.00 – 12.30 pm	Session 2: Advances	11.00 – 1.30 pm	Session 2: Cosmetic Therapies
11.00 am	Insulin Resistance – a pre-diabetic state - How do life style changes help? Jaideep Malhotra	11.00 am	Non-invasive PGT- Is it the future? Keshav Malhotra	11.00 am	Procedures to Treat adult acne and it's consequences (peels, IPL, laser, subsicion, threads, dermroller etc) Sanjana Shivkumar
11.20 am	Omega 3 and Vit D supplementation – are they useful? Budi Wiweko	11.20 am	Should we transfer mosaic embryos, if we have no more embryos? Varsha Samson Roy	11.20 am	Female Pattern hair loss - Medical Treatment options that work - Urmila Nischal
11.40 am	Inositols: What are the pros and cons? Angela Aguilar	11.40 am	What is the impact of embryo biopsy on obstetric and neonatal outcomes? Virgilio Novero	11.40 am	Hirsutism- update on Lasers. Rasya Dixit
12.00 Noon	Discussion	12.00 Noon	Discussion	12.00 pm	Discussion
12.30 - 1.30 pm	Session 3: Panel discussion Should every patient be investigated and treated for Insulin Resistance prior to fertility therapy Moderator: Sunita Tandulwadkar Panelist: Ashwini M, Belinda George, Budi Wiweko, Sonia Malik, Swati Jadhav, Zeel Shah	12.30 - 1.00 pm	Session 3: Instrumentation Video Demonstration Of Embryo Biopsy and Q & A Keshav Malhotra, Varsha Samson Roy	12.30 - 1.30 pm	Session 3 _ Panel discussion Lifestyle Modification Moderator: Nayana Patel Panelist: Aakriti Gupta, Aarti Prasad, Gayathri Kamath, Jagmeet Madan, Samyuktha M, Vageesh Ayyar
		1.00 - 1.45 pm	Dry demo on NGS workflow used for PGT Michael Richardson		
1.30 pm	Lunch				

The Hampi Hall	Workshop 4: Ultrasound in PCOS	The Bijapur Hall	Workshop 5: Vitrification of Oocytes and Embryos	The Badami Hall	Workshop 6: Errors in ART
2.30 – 4.00 pm	Session 1: Diagnosis	2.30 – 4.00 pm	Session 1 – Oocyte cryopreservation	2.30 – 4.00 pm	Session 1: What can go wrong in the clinic and what can we do to prevent?
2.30 pm	Revisited ultrasonographic criteria for diagnosis. Supriya Sheshadri	2.30 pm	Vitrification of oocytes – techniques and factors associated with survival and viability. Vijay Mangoli	2.30 pm	Case based discussion on Errors in patient and protocol selection, trigger, oocyte retrieval and embryo transfer, empty follicle syndrome, prevention of complications Moderator: Nivedita Shetty Panelist: Basavraj Devershetty, Lipika Moharana, Mekhala Dwarkanath, Nares Sukcharoen, Pratap Kumar, Seema Pandey, Sumita Sofat
2.50 pm	3D USG versus 2D USG for ovarian morphology. Nirmala R	2.50 pm	Tips and Tricks for improvement in oocyte cryopreservation. Suvarchila Chekuri		
3.10 pm	Serum AMH as a diagnostic marker PCOM. Clare Boothroyd	3.10 pm	Cellular and developmental damage from oocyte cryopreservation. Priya Kannan		
3.30 pm	Discussion	3.30 pm	Discussion		
4.00 – 5.30 pm	Session 2: Improving success of fertility treatment	4.00 – 5.30 pm	Session 2 – Embryo cryopreservation	4.00 – 5.30 pm	Session 2: What can go wrong in the lab? And what can we do to prevent it?
4.00 pm	Do we need hormonal monitoring along with follicular monitoring in COS cycles? Duru Shah	4.00 pm	Vitrification of embryo – An established technique. M S Srinivas	4.00 pm	Culture Media and Incubators – A Silent Connection, Essentials of Calibration and Validation of Incubators, Quality control, judicial use of freezing in ART, Documentation and prevention of sample mix up and mistaken identity, proficiency Of ART Personnel, role of embryologist in safe IVF practice, Communication between clinician and embryologist and between embryologist in Lab , witnessing and inventory Moderator: Shreyas Padgaokar Panelist: Bindu Chimote, Hitesh Bhatt, Kersi Awari, Keshav Malhotra, Parasuram Gopinath, Ravindra Nirvani, Suvarchila Chekuri
4.20 pm -	How should we assess OHSS by ultrasound, what are the high risk markers? Nares Sukcharoen	4.20 pm	Culturing the embryos to blastocyst stage before and after cryopreservation. Goral Gandhi		
4.40 pm	Does 3D USG and doppler of endometrium predict implantation? Kamal Ojha	4.40 pm	Vitrification in ART - myths, mistakes, disbeliefs and confusion. Rajvi Mehta		
5.05 pm	Discussion	5.00 pm	Discussion		
5.30 – 6.30 pm	Session 3: Live Demonstration of Ultrasound in PCOS women. Moderator: Padma Rekha Jirge Faculty: Supriya Sheshadri	5.30 – 6.30 pm	Session 3: Live Demonstration of vitrification. Goral Gandhi, M S Srinivas, Rajvi Mehta, Vijay Mangoli		5.30 – 6.30 pm
			Discussion	5.30 pm	How important is documentation, counselling and consent? Hitesh Bhatt
				5.50 pm	What are the legal implications of errors in ART? Interesting cases and their legal handling Chii Ruey Tzeng
				6.10 pm	Discussion
7.30 pm	Dinner				

10th June 2023

Day 2: Conference

	The Hampi Hall	The Bijapur Hall	The Badami Hall
8.00 – 9.00 am	Free Papers	Free Papers	Free Papers
9.00 – 10.30 am	Session 1: The PCOS Phenotype	Session 1: Reproductive surgery before IVF: help or harm	Session 1: Reproductive surgery Pre- IVF – What is the evidence?
9.00 am	Should metabolic syndrome be included in diagnosis of PCOS? Sonia Malik	Is lateral metroplasty justified? Krishna Kumar	Treatment of severe tubal disease prior to IVF: To treat or not to treat? Kundan Ingle
9.20 am	Phenotypes of PCOS differ: Do their pregnancy rates differ? Kamini Rao	Which septum should be treated before IVF? Narendra Malhotra	Should we manage adenomyosis before ART – What is the evidence? Manjunath Swamy
9.40 am	Androgen excess: Is it the driving force behind the syndrome and its health implications? Anantharaman R	Uterine fibroids: Should we operate or not before IVF. Prakash Trivedi	The IVF patient presenting with Endometrioma: Does surgery improve the probability of pregnancy? Asha Baxi
10.00 am	Discussion	Discussion	Discussion
10.30 am	Dr Gunasheela Memorial Oration: Unexplained Infertility - A vanishing entity in 2023. Clare Boothroyd		
11.15 am	Coffee Break		
11.45 – 1.15 pm	Keynote Addresses		
11.45 am	“The good, fast and cheap - does it ever exist?” – Tin-Chiu Li		
12.15 pm	How to optimize ART success rate in difficult patients? – Chii-Ruey Tzeng		
12.45 pm	Paternal factors and reproductive outcome – Virgilio Novero		
1.15 - 2.15 pm	Lunch		
2.15 - 3.15 pm	Panel Discussion: Individualizing Pregnancy Care Moderator: Uday Thanawala Panelist: Jyoti G S, Nandini Ram Babu, Sheela Mane, Shobha Gudi, Shubha Rao, Sushila Rani	Panel Discussion: Optimizing COS for ART in extreme responders. Moderator: Jaideep Malhotra Panelist: Aditi Trivedi, Jyoti Patil, Kavya V, K S Jeyarani Kamaraj, Manish Banker, Shreyas Padgaokar, Virgilio Novero	Panel Discussion: Ovulation Induction in Non-ART Cycles – PCOS versus Non PCOS. Moderator: Sujata Kar Panelist: Ameet Patki, Apoorva Pallam Reddy, Nagadeepti Naik, Shilpa G B, Soumya Mahesh, Vanita Metgud, Vidhu Modgil
3.15 - 4.30 pm	Session 2: What is New in ART and PCOS?	Session 2: Debates	Session 2: Debates
3.15 pm	How has Covid affected women with PCOS? Smita Mahale	3.15 – 3.50 pm Freeze for all - Just a Fad	3.15 – 3.50 pm “PCOS” is an incorrect terminology
3.35 pm	Can we assess Endometrial Receptivity beyond ERA? Geetanjali Sachdeva	3.15 pm For- Santosh Gupta	3.15 pm For- Chandrika Anand
3.55 pm	A burning question :What do the latest 2023 International Guidelines say? Helena Teede	3.30 pm Against- Sumana Gurunath	3.30 pm Against- Charmila Ayyavoo
4.15	Discussion	3.45 pm Rebutal	3.45 pm Rebutal
		3.50 – 4.25 pm All women having RIF should be offered PGT-A	3.50 – 4.25 pm To be a lean PCOS is better than being obese
		3.50 pm For- Devika Gunasheela	3.50 pm For- Chitra Selvan
		4.05 pm Against- Mahesh Koregol	4.05 pm Against- Shashank Joshi
		4.20 pm Rebutal	4.20 pm Rebutal
4.25 pm Comments by Moderators	4.25 pm Comments by Moderators		
4.30 pm	Coffee Break		

5.00 - 6.30 pm	Session 3: Menorrhagia in PCOS	Session 3: IVF Pre-treatment in PCOS	Session 3: Optimising the endometrium before IVF
5.00 pm	Endometrial Hyperplasia - Angela Aguilar	Obesity and Insulin Resistance - Shashank Joshi	Routine hysteroscopy and Endometrial injury before IVF: Is there a evidence? Anuradha Khar
5.20 pm	Hypothyroidism - Ganpathi B	Hyperandrogenaemia - Pramila Kalra	Is there a role for platelet-rich plasma and stem cells in endometrial pathologies? Lavanya Kiran
5.40 pm	Coagulation Disorders - Ashish Dixit	COCP or progesterone or estrogens prior to COS – Do they help or harm? Budi Wiweko	Does ERA increase the success of Embryo Transfer in Recurrent Implantation Failure? Mohan Kamath
6.00 pm	Discussion	Discussion	Discussion
6.15 - 7.30 pm	Session 4: Strategies to improve fertility outcome in poor responders?	Session 4: Male sub-fertility	Session 4: Debate continues
6.15 pm	Pre-IVF management of poor responders - are the interventions useful? Padma Rekha Jirge	Is there a role for antioxidants in improving semen? Vasan S S	Choosing the right day to transfer embryos – cleavage or blastocyst stage? Rajvi Mehta
6.35 pm	Ovarian rejuvenation – Is there a role of PRP and stem cells? Ashish Kale	What is the role for physical and hormonal evaluation in Oligoasthenoteratozoospermia? Srinivas B V	Time-lapse in the modern IVF lab: A luxury or necessity? Varsha Samson Roy
6.55 pm	Patient oriented clinical management of POSEIDON groups. Ameet Patki	Should Sperm DNA fragmentation be done before IVF in all? Kersi Awari	Selection of sperm for ICSI - Does it matter? Gaurav Mittal
7.15 pm	Discussion	Discussion	Discussion
7.30 pm	GBM – The PCOS Society of India		
8.00 pm	Inagutation followed by Dinner		



11th June 2023

Day 3: Conference

	The Hampi Hall	The Bijapur Hall	The Badami Hall
8.00 – 9.00 am	Free Papers	Free Papers	Free Papers
9.00 – 10.30 am	Session 5: Impact of PCOS during the entire lifespan	Session 5: Impact of obesity on PCOS	Session 5: Controversies in management of luteal phase
9.00 am	Can we prevent PCOS in-utero? Sarita Bhalerao	Lean versus obese PCOS – How are they different? Sandhya Saharan	Is Progesterone assessment necessary in fresh and frozen cycles? Nalini Kaul Mahajan
9.20 am	Does PCOS have an effect on the brain? Swati Jadhav	PCOS, obesity and ART – Optimising Outcomes. Pratap Kumar	What is the current evidence for Progesterone therapy? Hema Divakar
9.40 am	Does PCOS extend beyond menopause? Meeta Singh	Role of newer anti glycaemic drugs in weight reduction - Subramanian Kannan	Freeze all for all. What is the evidence? Nares Sukcharoen
10.00 am	Discussion	Discussion	Discussion
10.30 am	Keynote Address: Anastasis of the Sleeping Beauty: Illuminating the beginning of life – Nandita Palshetkar		
11.00 am	Coffee Break		
11.30 am - 12.15 pm	Conference Oration: PCOS across generations can we bring it to a halt? – Duru Shah		
12.15 pm	Keynote Address: Gut Dysbiosis in PCOS – Madhuri Patil		
12.45 – 1.45 pm	Panel Discussion: How important is Luteal phase Support in fertility treatment? Moderator: Ashwini G B Panelist: Clare Boothroyd, Chitra Thyagaraju, Divyashree P S, Gauri Karandikar, Payal Bhargava, Rekha Rajender Kumar, Uma Maheshwari	Panel Discussion: Raising fertility awareness for fertility preservation – benefits and challenges Moderator: P M Gopinath Panelist: Ashwini N, Chii Tzeng, Devika Gunasheela, Goral Gandhi, Nalini Kaul Mahajan, Priya Selvaraj	Panel Discussion: Thin endometrium – Prevention, diagnosis and treatment Moderator: Kedar Ganla Panelist: Angela Aguilar, Anu Agarwal, Navyashri M S, Mohan Kamat, Sowmya Dinesh, Vyshnavi Rao
1.45 pm	Valedictory followed by Lunch		

The Hall names are based on Karnataka’s heritage sites

The Hampi Hall

Hampi is an ancient village in the south Indian state of Karnataka. It is dotted with numerous ruined temple complexes from the Vijayanagara Empire. On the south bank of the River Tungabhadra is the 7th-century Hindu Virupaksha Temple, near the revived Hampi Bazaar. A carved stone chariot stands in front of the huge Vittala Temple site.



The Bijapur Hall

Bijapur, officially known as Vijayapura, is the district headquarters of Bijapur district of the Karnataka state of India. It is also the headquarters for Bijapur Taluk. Bijapur city is well known for its historical monuments of architectural importance built during the rule of the Adil Shahi dynasty



The Badami Hall

Badami, formerly known as Vātāpi is a town and headquarters of a taluk by the same name, in the Bagalkot district of Karnataka, India. It was the regal capital of the Badami Chalukyas from 540 to 757.



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Stage, AV, Inauguration:

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Insulin Resistance in PCOS: **Anuradha Khar, Vanita Metgud, Navyashree M S**

Ultrasound in PCOS: **Supriya Sheshadri, Apoorva Palam Reddy, Sowmya Mahesh**

Embryo Biopsy and PGT: **Ashwin G B , Mahadevswamy, Jyothi Patil**

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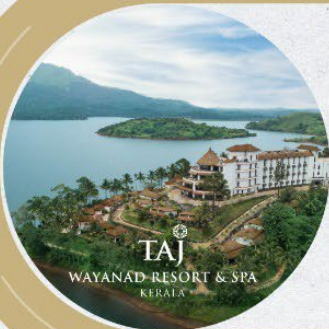
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A TAILORED ITINERARY FOR AN UNFORGETTABLE TRIP

- Mangalore airport to Taj Bekal Resort & Spa
- 2 night stay at Taj Bekal Resort & Spa



- Bekal to Taj Wayanad Resort & Spa Kerala
- 2 night stay at Taj Wayanad Resort & Spa

- Taj Wayanad resort & Spa to Taj Madikeri Resort & Spa, Coorg
- 2 night stay at Taj Madikeri Resort & Spa Coorg



Drop to Bengaluru airport
Including breakfast & dinner for double occupancy

Package starting from 1,99,000 plus taxes from airport to airport

Pre & Post Congress Tours

Tours		Costs at a Glance
	2 Nights - 3 Days Visit to Mysore	<ul style="list-style-type: none"> • Cost INR 49,200 based on 1 Guest in a Single Room • Cost INR 29,620 per person based on 2 Guests in a double/twin bedded room • Additional 5% GST Tax applicable on above billing
	3 Nights - 4 Days Visit to Chikmagalur	<ul style="list-style-type: none"> • Cost INR 114,300 based on 1 Guest in a Single Room • Cost INR 59,800 per person based on 2 Guests in a double/twin bedded room • Additional 5% GST Tax applicable on above billing
	3 Nights - 4 Days Visit to Hampi	<ul style="list-style-type: none"> • Cost INR 146,550 based on 1 Guest in a Single Room • Cost INR 75,000 per person based on 2 Guests in a double/twin bedded room • Cost for Internal Airfare Bengaluru – Hubli – Bengaluru INR 9600 per person (subject to change at the time of booking) • Additional 5% GST Tax applicable on above billing
	3 Nights - 4 Days Visit to Cochin	<ul style="list-style-type: none"> • Cost INR 106,500 based on 1 Guest in a Single Room • Cost INR 56,700 per person based on 2 Guests in a double/twin bedded room • Cost for Internal Airfare Bengaluru - Kochi - Bengaluru INR 8500 per person (subject to change at the time of booking) • Additional 5% GST Tax applicable on above billing
	3 Nights - 4 Days to Mysore & Kabini with stay at <i>Evolve Back</i>	<ul style="list-style-type: none"> • Cost INR 140,500 based on 1 Guest in a Single Room • Cost INR 77,800 per person based on 2 Guests in a double/twin bed room • Additional 5% GST Tax applicable on above billing
	3 Nights - 4 Days to Mysore & Kabini with stay at <i>The Serai</i>	<ul style="list-style-type: none"> • Cost INR 106,500 based on 1 Guest in a Single Room • Cost INR 58,500 per person based on 2 Guests in a double/twin bed room • Additional 5% GST Tax applicable on above billing

Note:

- ❖ The rates are valid for travel in June 2023 and are based on hotels / room categories indicated in the detailed program.
- ❖ Accommodation and flights are subject to availability at the time of booking.

Abstract Submission

Send in your abstract for Free papers and posters by 15th May 2023 to pcosart2023@gmail.com and mark copy to drmadhuripatil59@gmail.com.

Topics: PCOS, Infertility, ovulation Induction, assisted reproduction, embryology, andrology, Reproductive surgery, reproductive genetics, safety and quality management in ART lab, fertility preservation

Instructions for paper and poster presentation:

Free Papers

The presentation will be for 8 minutes followed by 2 minutes of discussion

- ❖ One person can present only one paper
- ❖ Registration for the conference is mandatory
- ❖ The work submitted must not have been presented at any previous conclave/ conference/seminar or published in any journal.
- ❖ If similar abstracts are submitted more than once, the first will be accepted for review.
- ❖ Abstract Format:
 - ★ Title: Less than 20 words. Arial Font size 12, ALL CAP
 - ★ Body: Maximum of 250 words (excluding title) of plain text without diagrams, charts, foot notes or references
 - ★ Structured as follows: Introduction, Aims & Objectives, Methods, Results and Conclusions.
- ❖ Oral presentations should be by Microsoft PowerPoint slides.

E-Poster Presentation

Guidelines for formatting and making the E-POSTER:

- ❖ Presenting Author MUST be a registered delegate of the conference
- ❖ Each delegate will be allowed to present one poster
- ❖ Save your poster to USB key (thumb) drive and bring it with you on the day of your presentation
- ❖ All posters at the Conference will be displayed in an Electronic Poster Display Room
- ❖ Set the page size to 36.5"W and 20.5"H. Use a minimum font size of 32 points. Don't overcrowd the slide
- ❖ The E-poster will be displayed on standard 42"(Diagonal) LCD screen
- ❖ File format should be Power point (.PPT)
- ❖ Total size of the presentation should not exceed 10 MB.
- ❖ Maximum number of slides per E-poster: 2 (Two)
- ❖ All slides should be in landscape format
- ❖ Animation/movies/sounds will not be supported; please submit in a static PPT format only
- ❖ Please also carry a soft copy with you in case of any technical hitches
- ❖ Please note the time span – Presentation time: 8 mins. Discussion time: 2 mins.

Conference Secretariat

No 1, Uma Admiralty, First Floor, Above HDFC Bank, Bannerghatta Road, Bangalore 560029, India

For any enquiries please contact

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