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AICOG



- Aísten to host experts - an amazing privilege

AICOG



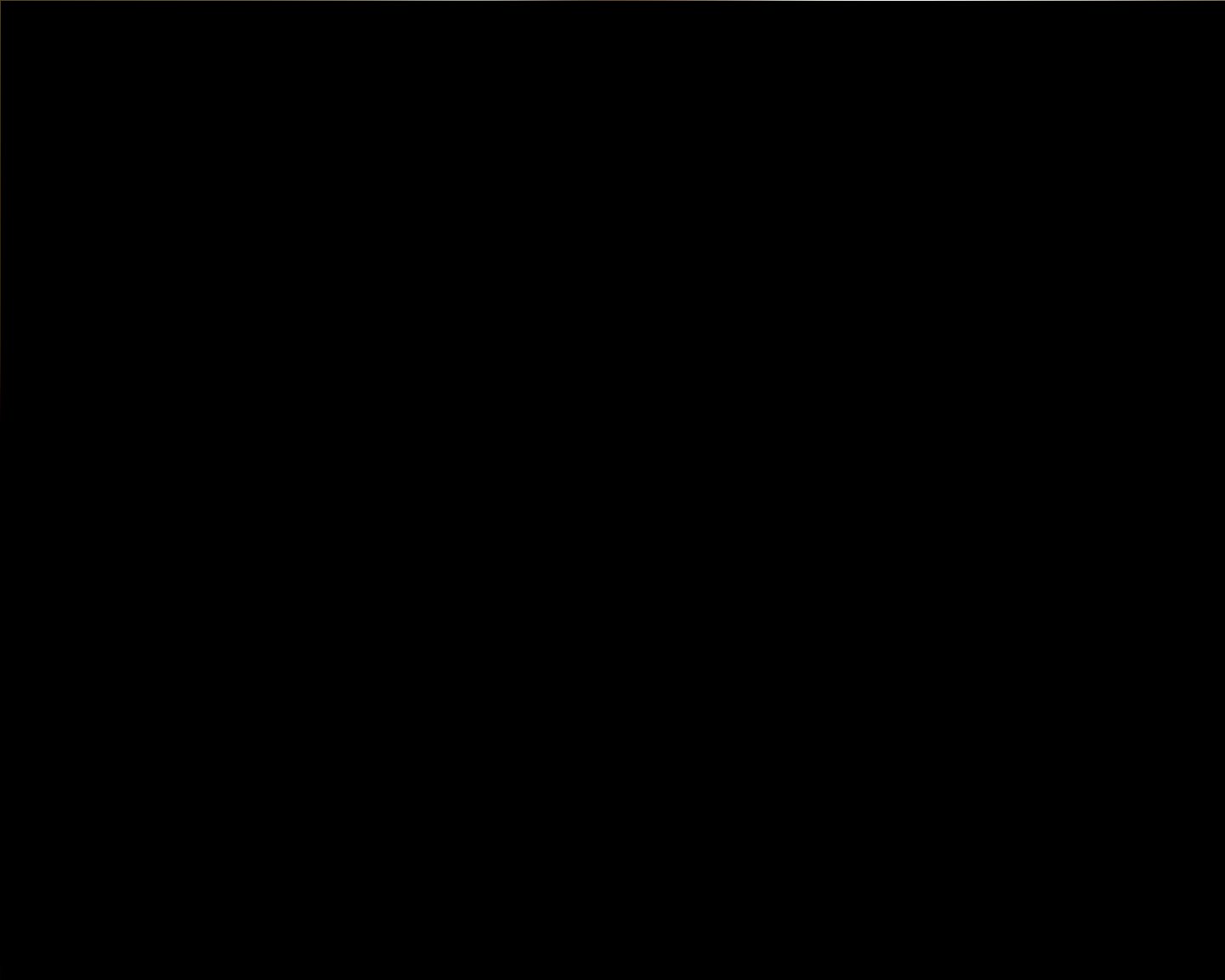
- Enhance our skills
- Imbibe new knowledge

The Greatest Advances

Greatest
advances are
not in its
discoveries or
inventions



- Strong public education
- Quality healthcare
- Working towards goals of Organization



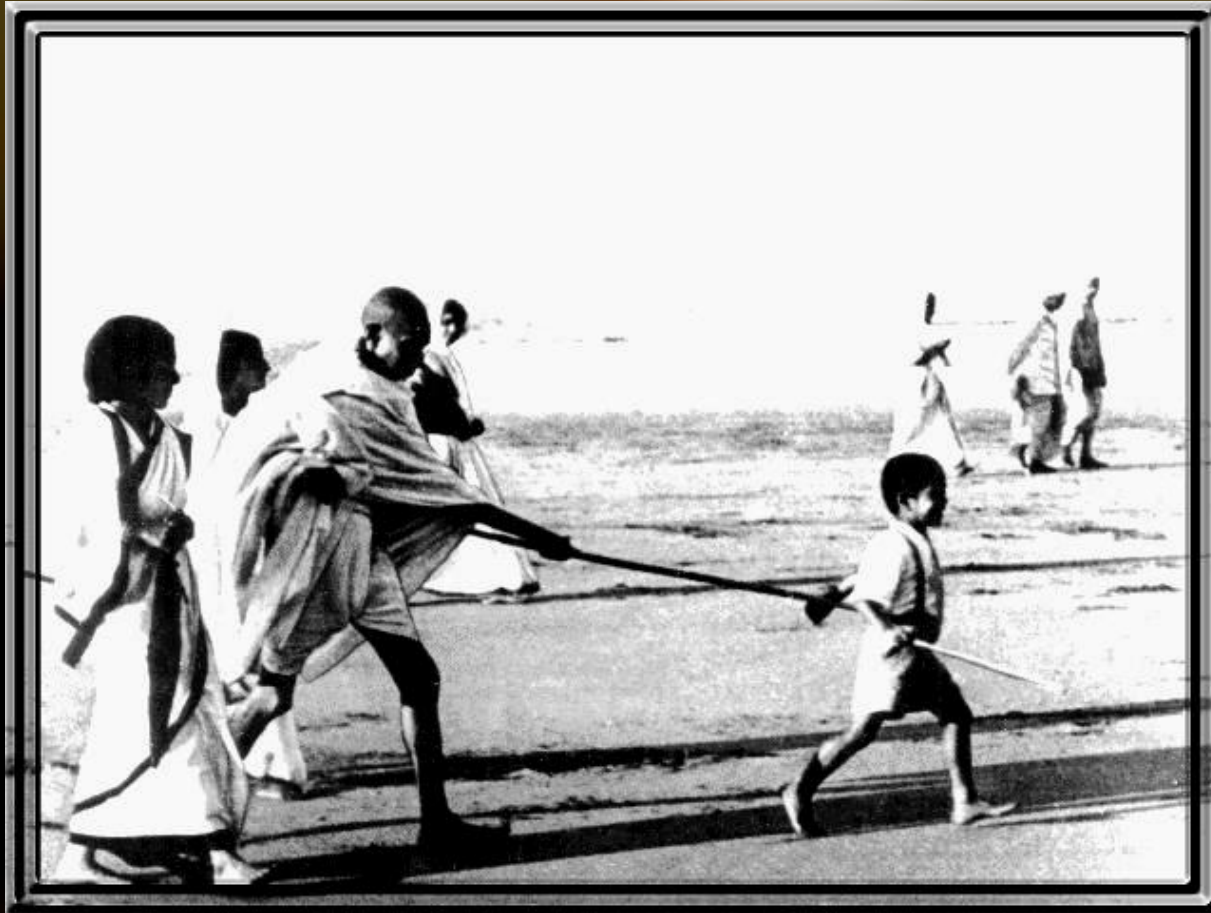
The Power Within Us



- To use our knowledge, our experience, our expertise
- To make a difference around us

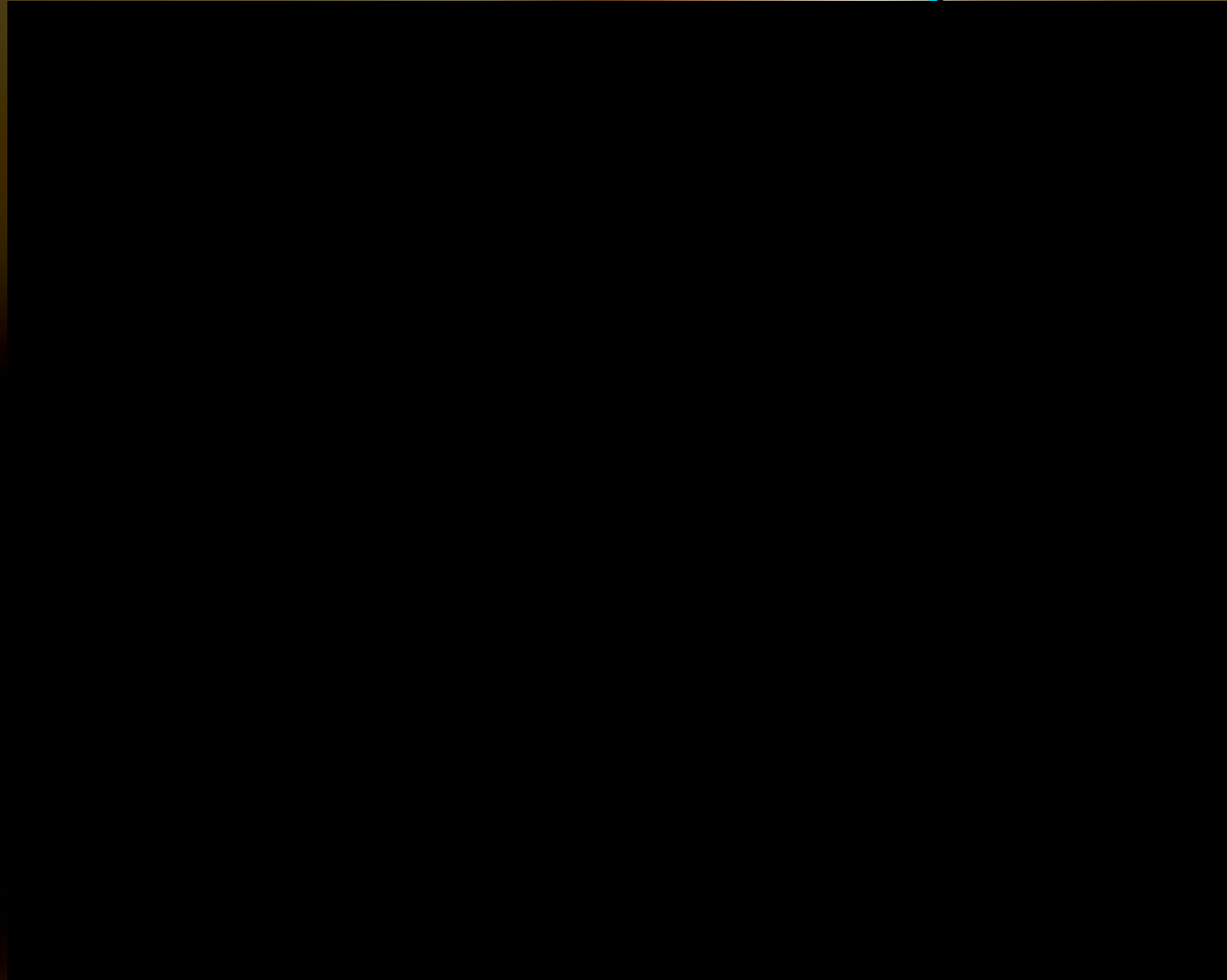
What can I as an individual do all by myself?

One Individual



"Be the change you want to see in this world"

Gandhi - The Inspiration



"Nationwide commitment"

This is the Power of...

A large, 3D, red number 1 with a glossy finish, positioned on the left side of the slide.

- The power of 1 person
- To influence others
- To improve the lives of others around us

The Struggle From . . .

1893 - 1948





"Generations to come will scarcely believe that such a one as this walked the earth in flesh and blood"

- Albert Einstein

Promoting preventive healthcare



- Actively practicing it
- Timely counseling

Promoting preventive Healthcare

Monday, March 26, 2007



- Creating health awareness

spoke on war-related health problems.

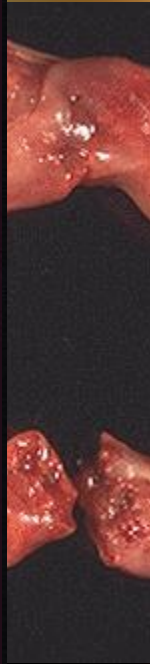
During panel discussion,

Health Assembly on March 24, All India Democratic Women Association's na-

sumerism has provoked sexual violence against women and treated poor women like

sex selective abortion. The issue of mental health was also discussed. HTC

Practicing Preventive Healthcare



- Prevention of Neural tube defects

Prevalence of NTD's in India

PERINATAL AUDIT



A report produced for the FOGSI, by the Perinatology Committee
of the Federation of Obstetrics and Gynaecological Societies of India

Duru Shah, M.D.

- 3.6 / 1000 live births
- 50% congenital defects at birth due to NTD

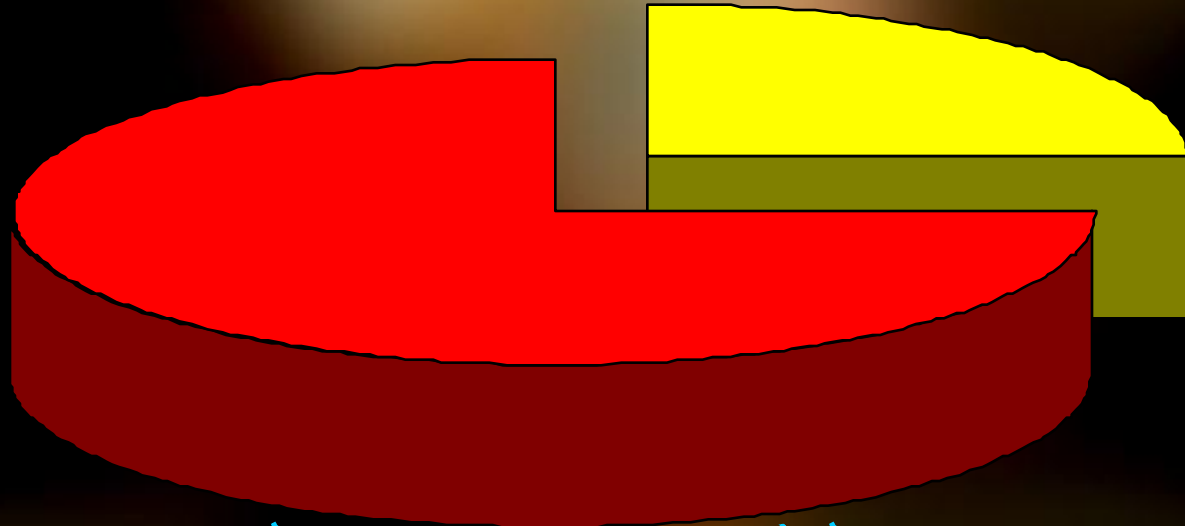
- Perinatal Audit

FOGSI 1998

Indian Scenario

Of 36 million births per year,
1,31,400 babies with NTD born every year

**32,750, poor absorption
of Folic Acid**



98,650, can be prevented by
administering 1 tablet Folic Acid

Folic Acid



1941

Promotes

Folic Acid

Deficiency

Synthesis of purine and pyrimidine nucleoproteins

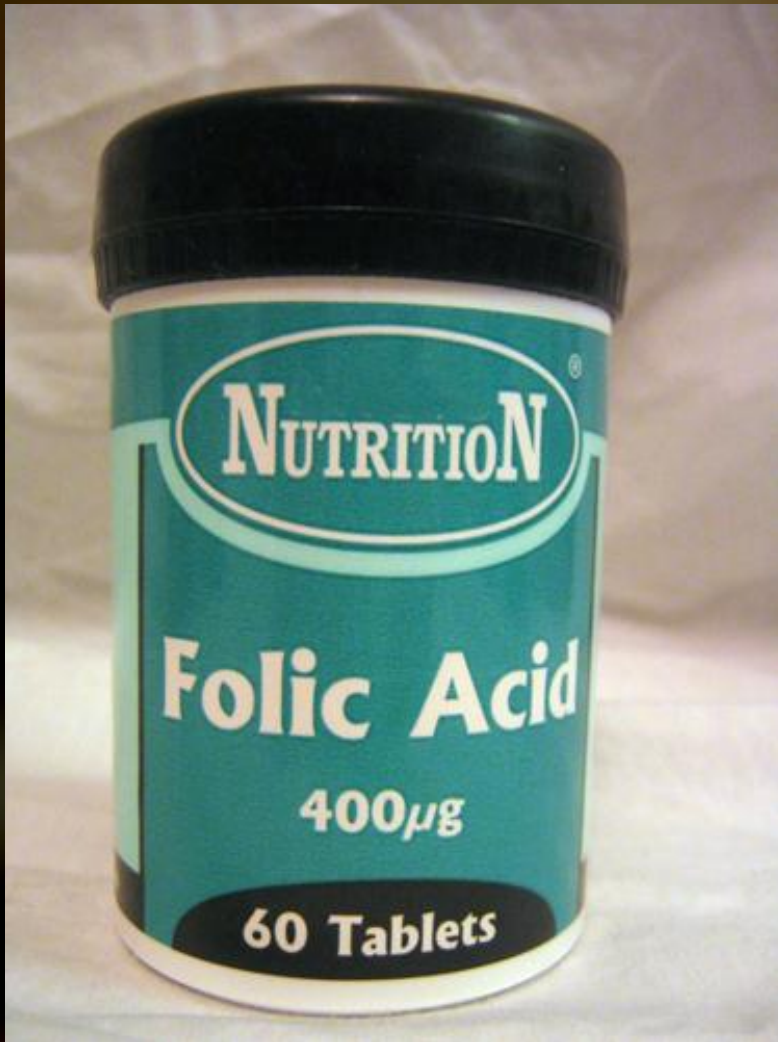
Cell division and Development

Impairs DNA synthesis

Affects rapid growing cells

- Diarrhoea
- Megaloblastic anaemia in 25% of pregnancies
- Earliest manifestations

Folic Acid Deficiency



- Increases thrombotic events
- 0.5 to 5mg / day decreases homocysteine levels by 25%
- Protective against atherosclerosis



↑ NTD



↓ Maternal folate levels

- Dietary deficiency
- Functional defect

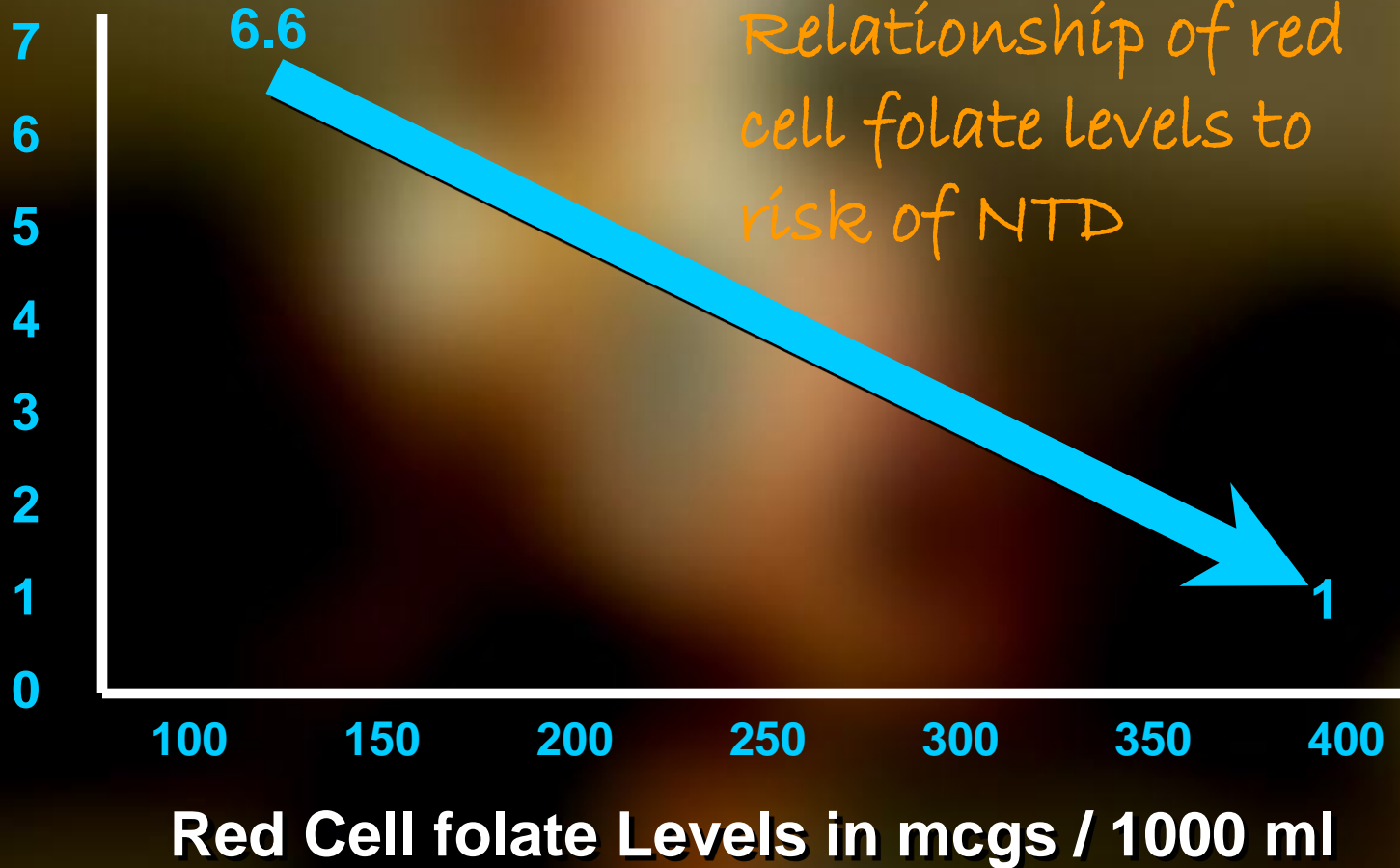
Diagnosis of folic acid deficiency

- Red cell folate levels
 - more specific
- Serum folate levels

- Formimino-glutamate (FIGLU) Test
 - Suggests defective absorption or metabolism

Red Cell Folate Levels and Risk of NTD

Prevalence of
NTD's / 1000
Live births

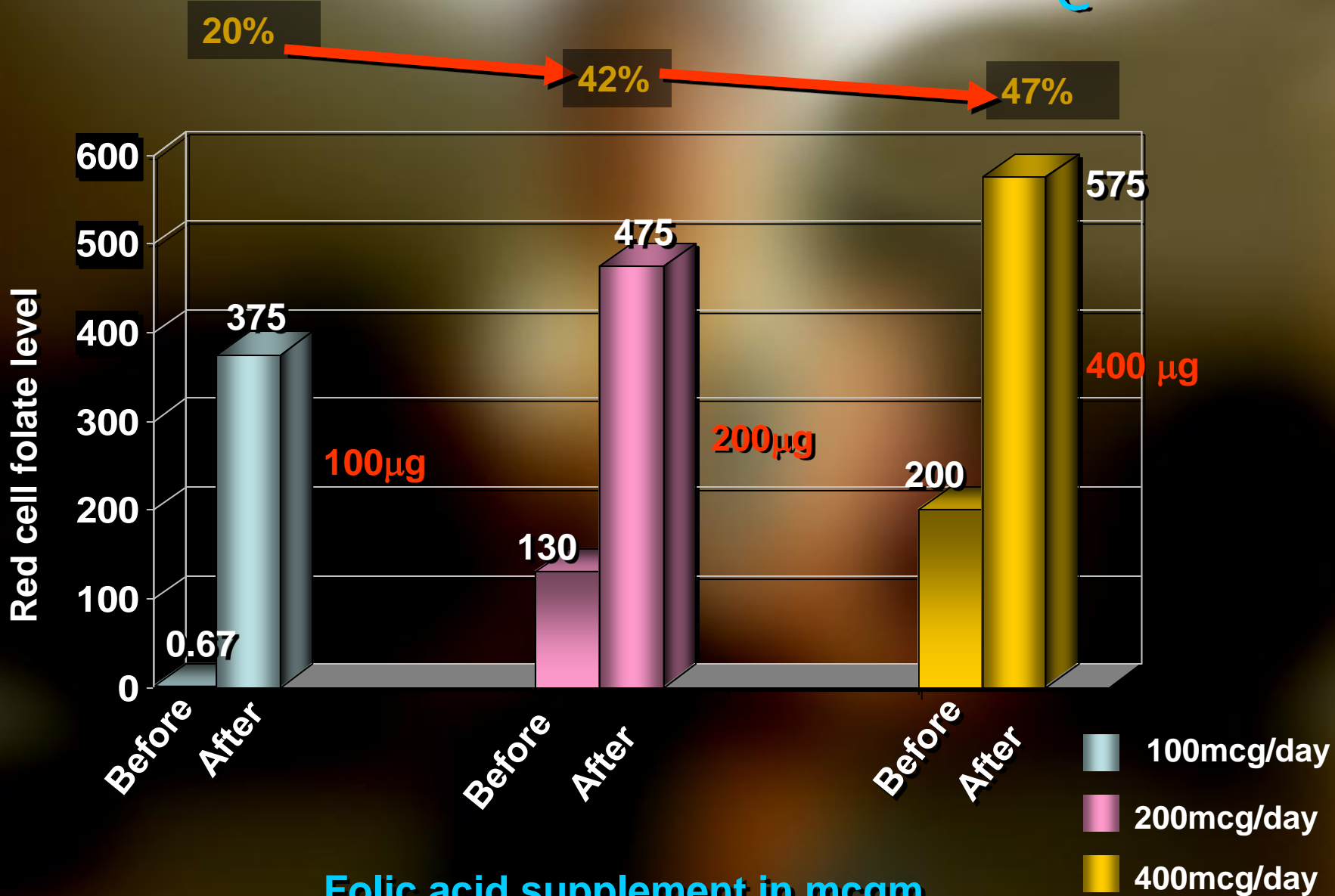


- Doby et al JAMA, 1996:274; 1098 - 1202

NTD

- 400 – 800mcg Folic acid ↓ incidence of NTD
- 4000 mcg prevents 72% recurrence
 - Lancet 1991 : 338 : 131 -137
- 95% occur as first occurrence
- Folic acid helps in both occurrence and recurrence

NTD Reduction in %



Folic acid supplement in mcgm

Ref: Daly S et al Lancet 1997;350:1666-1669

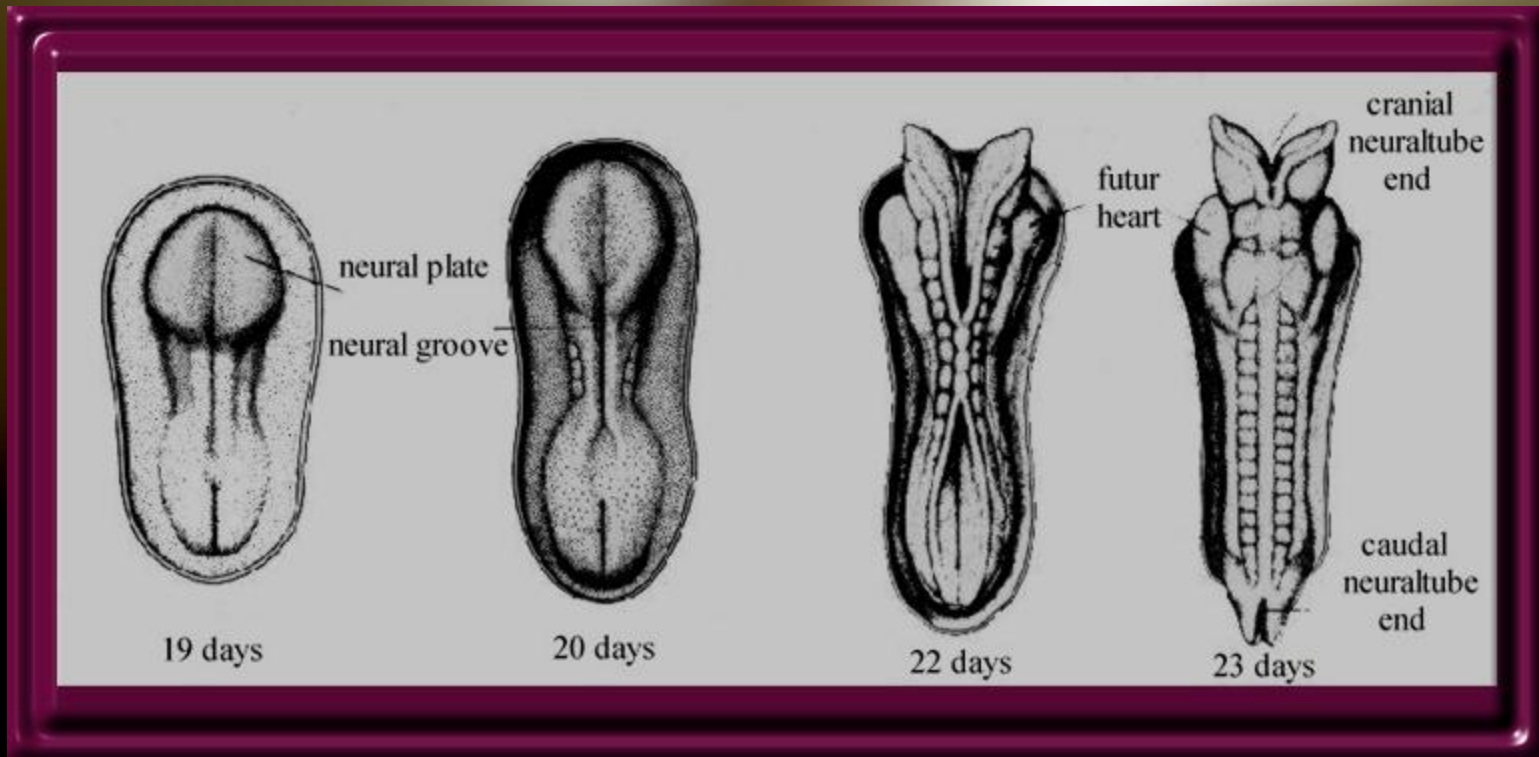
- We all know that it is not possible to modify genetic factors which prevent absorption, but at least we can attend to the dietary factors

Prevention of NTD



- It is important all women receive folic acid before or immediately after conception

NTD



- Most pregnancies unplanned & women unaware of pregnancy
- Damage done as neural tube closes on 27th day after conception

NTD - a public health concern

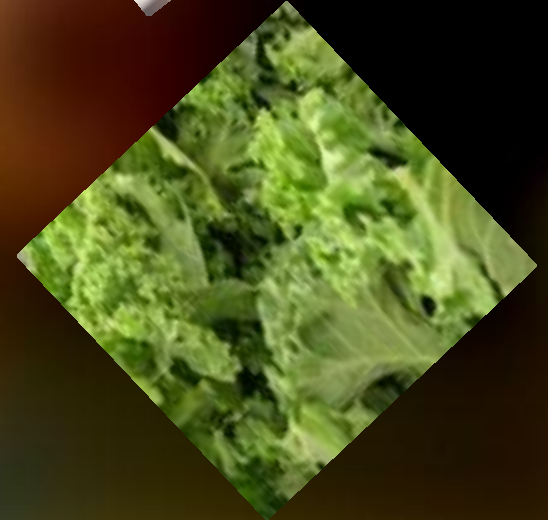


NTD - prevention



- Each one of us to educate every young girl, benefit of folic acid in diet and promote intake of folic acid after marriage

Food rich in Folic Acid



This is the Power of...

1



- The power to prevent NTD in almost 1,00,000 babies / year

Folic Acid



- ↓ IUGR
- ↓ Preterm Labor
- ↓ Intrauterine infections
- ↓ Placental abruption

Should be continued throughout pregnancy

NTD

- Genetic defects - homozygosity for mutation C677T associated with ↑NTD & mild hyperhomocysteinemia
- Partial deficiency of folate metabolizing enzyme leading to low red cell folate concentration

Folic Acid Supplementation



Normal diet
200mcg per
day of folic
acid

**Fortified daily
with 220 ucg
of Folic Acid**

Awareness Amongst Patients

- 20% heard of _____
of _____
Folic Acid



- None knew about intake before pregnancy

- None knew it prevents birth defects

- Indian Study 2000

Awareness Amongst Doctors

**All aware of
use of Folic
acid in 1st
trimester**

**30% aware it
should be
given prior to
pregnancy**



**63% aware it
prevents birth
defects**

**80% unaware
of preventive
dose**

Food Fortification Program

- 240 μ g/100gms - UK



- 150 μ g/100gms - Canada

- 100 μ g/100gms - USA

50% decline
in NTD's

It is within our Power...

1



- To create awareness of these morbid problems

Prevention Possible



66,000,000 new
30,000 maternal
unnatural
deaths / year
pregnancies

Prevention Possible



360 million cases
4000 mentally
of
challenged
postmenopausal
children
osteoporosis

Prevention Possible

The list goes on and

On

International Federation of



Gynecology and Obstetrics

FIGO Guidelines

- Obstetricians & Gynecologists have an ethical duty to be advocates for women's health care. As a learned profession they have a body of knowledge that includes sexual & reproductive health. They are usually the first professionals that a woman approaches with health problems in this area.

The Power of...

1

- Power of an individual
- Power of an organization

African Proverb .



- If you want to go fast, go alone.

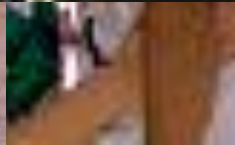
African Proverb .



- If you want to go far, go together

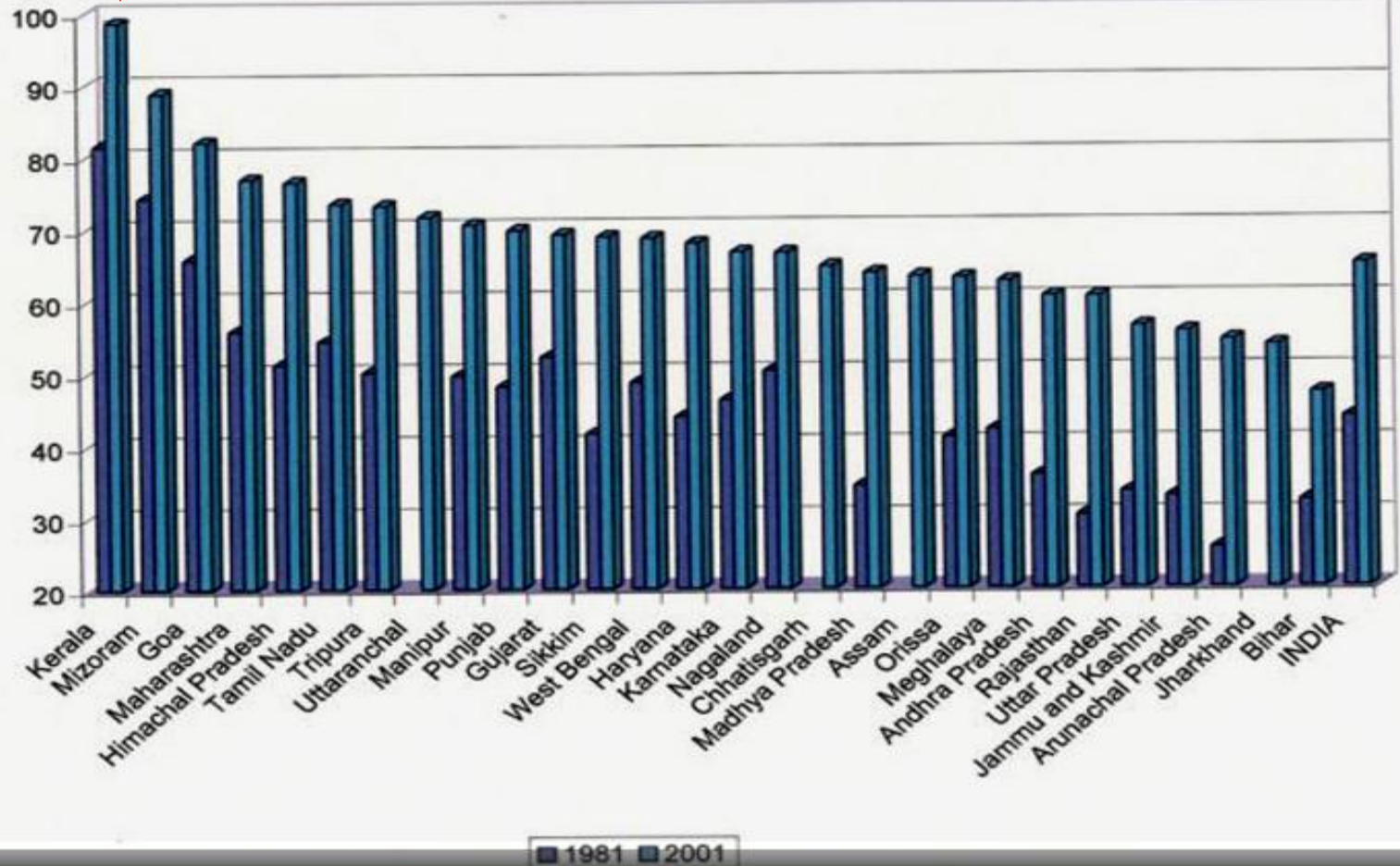
Kottayam

- The first fully literate town in 1989



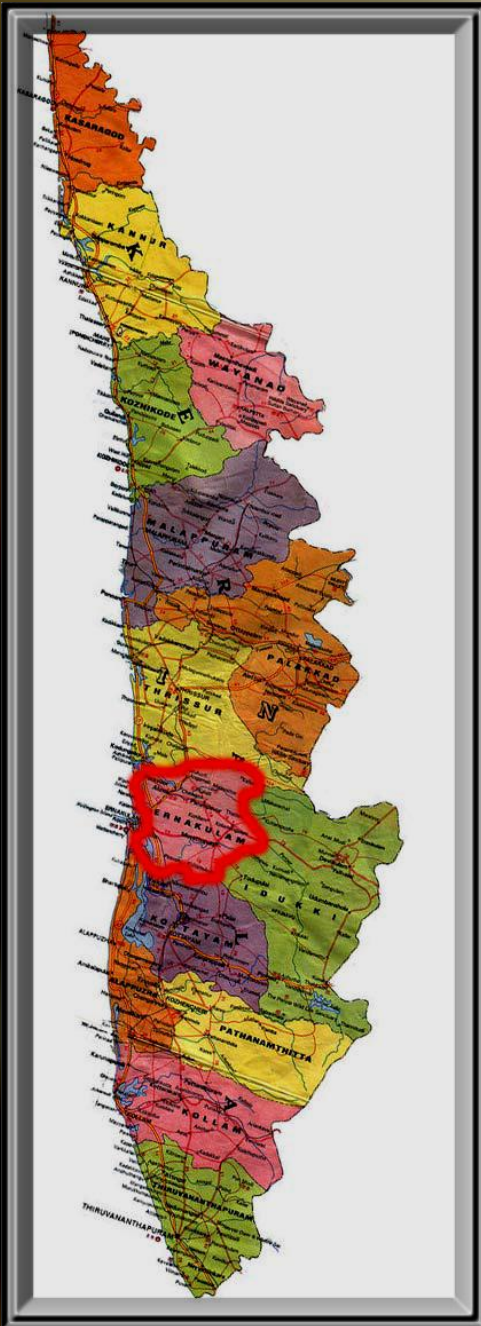
Kottayam

India - Literacy Rates (%)



Ernakulum

Country's 2nd
fully literate
district in
1991



Kerala

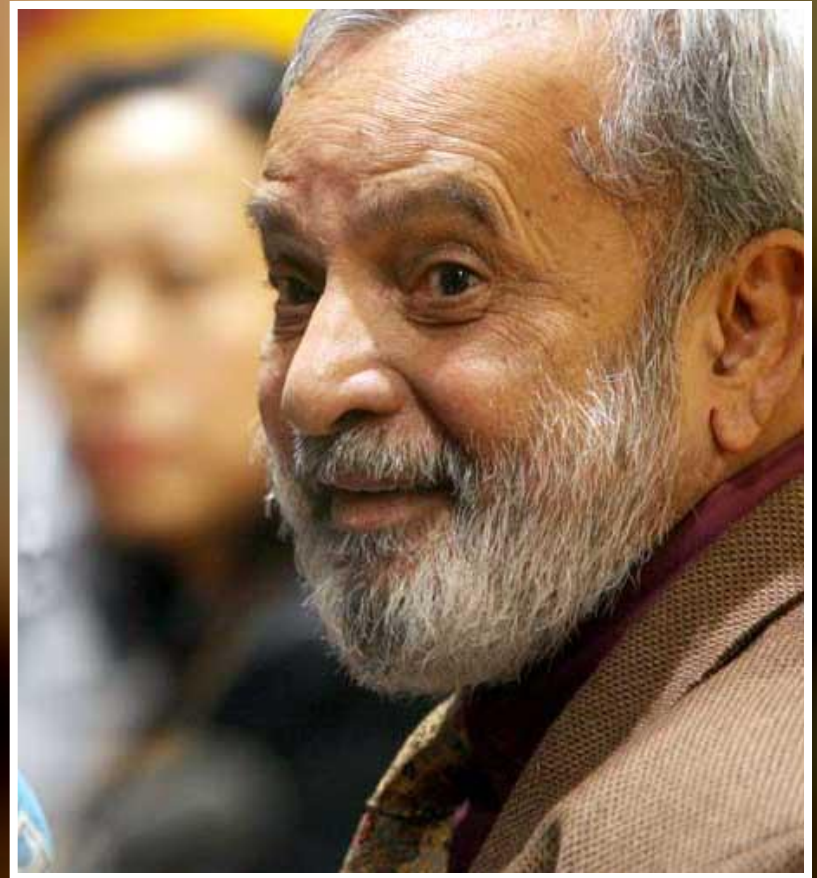
1st state to
attain full
literacy in
1991



Political will



- **MG University**



- **U R Ananthamurthy**

Kottayam



- Literacy classes attended by citizens from 5 years of age to 90 years

Kottayam



- Basic health
- Sanitation
- Cleanliness
- Environmental protection
- Nutrition
- Family welfare

Kottayam



- Great social impact
- ↓ Crime rate
- ↓ Brewing Hooch
- ↓ School drop outs
- ↑ Economy

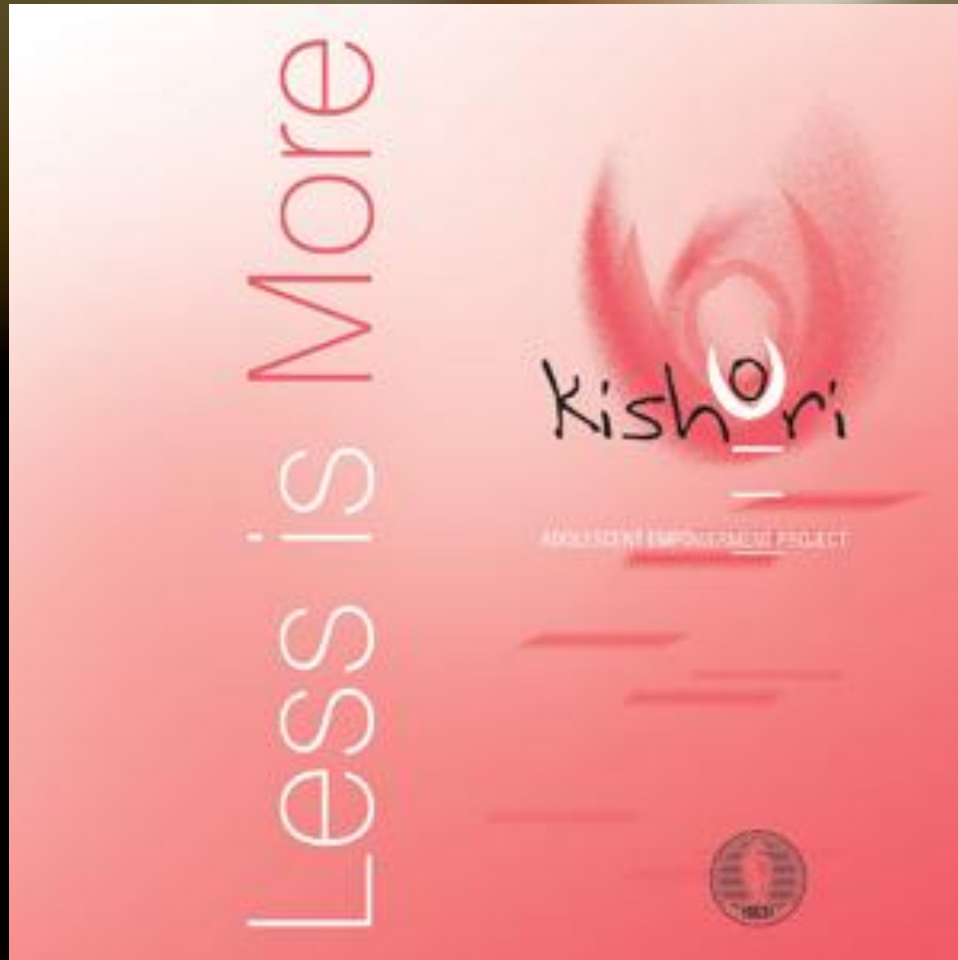
This was the power of
one who had the vision
and inspired others to
work with him

Growing Up Program



- Initiated 7 yrs ago
- 1000 FOGSI members took part in 100 cities
- Educating more than 5 million girls on Reproductive & sexual health

Kishori Program



Kishorí Program



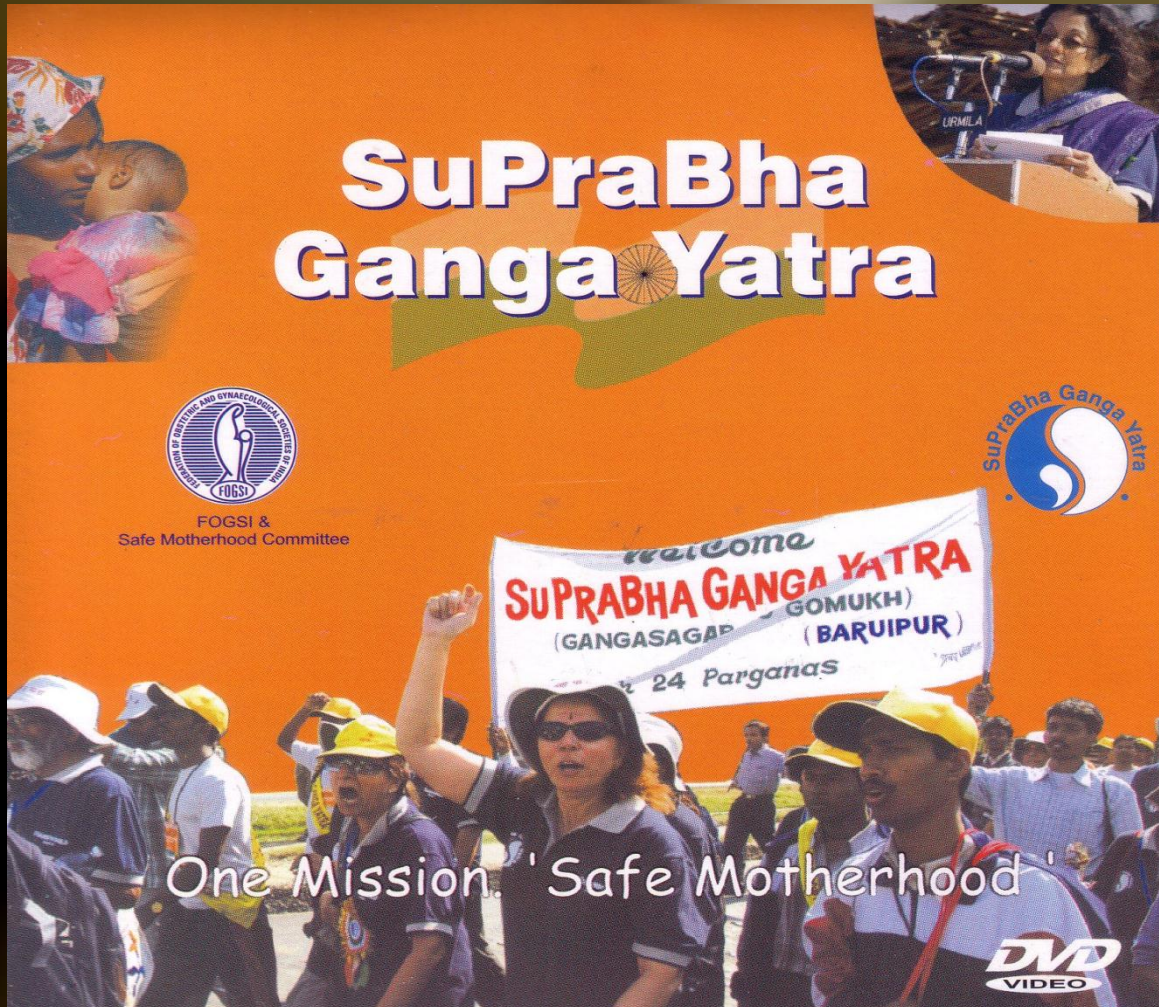
- Dharaví slums
- Empowering girls 15-19 yrs

Kishori Program



Final Evaluation
Independence

Suprabha Ganga Yatra



One



FOGSI &
Safe Motherhood Committee



Welcome
SUPRABHA GANGA YATRA
(GANGASAGAR GOMUKH)
(BARUIPUR)
24 Parganas

One Mission. 'Safe Motherhood'



Suprabha Ganga Yatra

3 1/2 month

2400 kms walk

- Creating health awareness on maternal mortality



Saving the Mother project



40 villages in
Bihar & UP
adopted

- Once a month
camp for
pregnant women

Anaemia Chale Jao



12x12 Initiative



- Anaemia awareness
- Its effects on adolescent girls and pregnant women

FOGSI Youth Express



- Addressed 20,000 youth in 83 cities

FOGSI Youth Express



Discussing
Contraception

FOGSI Youth Express



DISCUSSING
HIV

FOGSI Youth Express



Other issues
related to
reproductive
& Sexual
Health

FOGSI Speaks

Issued in Public Interest by FOGSI – Public Awareness Committee

- A Stitch in Time – Cancer Prevention
- Gift Life Not Death – Stop HIV Transmission to Child
- The Condemned – Female Foeticide
- Winning Edge – Prevent Anaemia



Distributed by – Wyeth makers of folite – Aubin – Premate

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Mumbai Marathon



Mr. Vikram Sarabhai



"We do not have the fantasy of competing with advanced nations in exploration of moon & planets"

Mr. Madhavan Naír



- It is the ultimate in the state of the Art and Rocket Technology and the climax in India's self reliance

India's Satellite Program



- Covers 90% of India
- Weather forecasts
- Education
- Telemedicine

India's Satellite Program



- Increase
- Increase
their
their
crop
catch
yields

India's Satellite Program

- Telemedicine links 165 hospitals with 33 specialty hospitals enabling 15000 to teleconnect every year



India's Satellite Program

Any criticism over the viability of a developing country like India pursuing a fancy space program has long been silenced!

FOGSI Satellite School Program



- Initiated in 2006
- Best of medical education to the entire country through satellite

FOGSI Satellite School Program



Hope to
contribute to
the
telemedicine
project

Early 90's



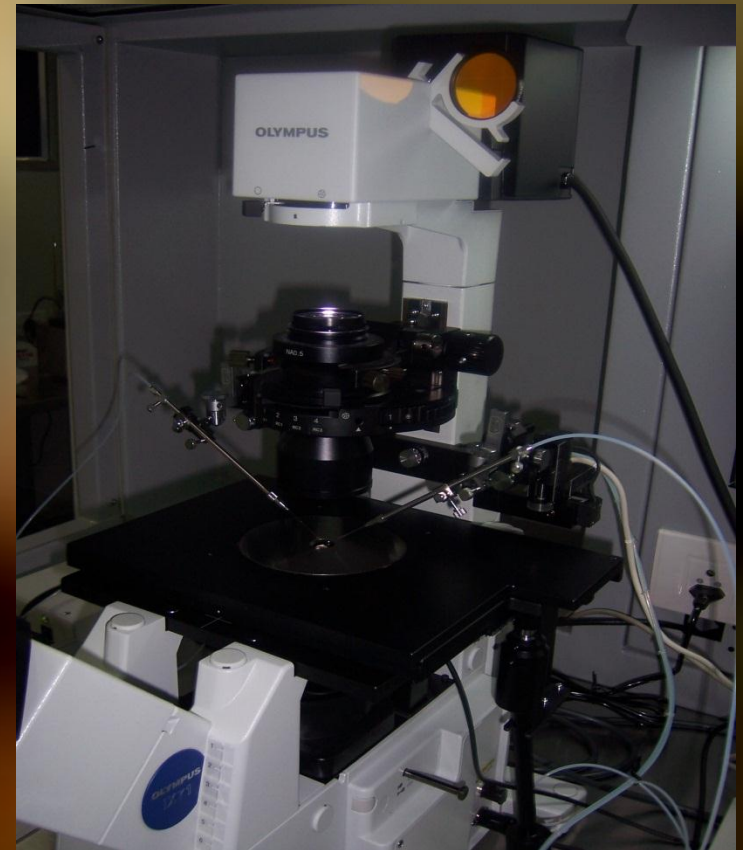
- waited years for a connection
- Today 70 lakh mobile connections added every month

Communication



- Touching lives of ordinary and powerful people in the same vein

ADVANCED TECHNOLOGIES



ADVANCED TECHNOLOGIES - MISUSE



Advanced Technology - Correct use



- Laparoscopic sterilization
- Non scalpel vasectomy

Nítín Gadkarí's- One India



- Rural connect through highway development

Connectivity to Rural India



- Through road development
- Political will to launch the Prime Minister's "Gram Sadak Yojana" to connect Bharat to India

Rural India



- 75% of population resides in 5.89 lakh villages
- Scattered across 3.29 million sq. kms.

Lack of connectivity

Every day 300

women die due to

inaccessibility of a

healthcare centre

Lack of Connectivity



- Children can't reach schools
- Farm produce cannot reach markets



John F Kennedy

- American roads are good not because America is rich, but America is rich because American roads are good

Connectivity

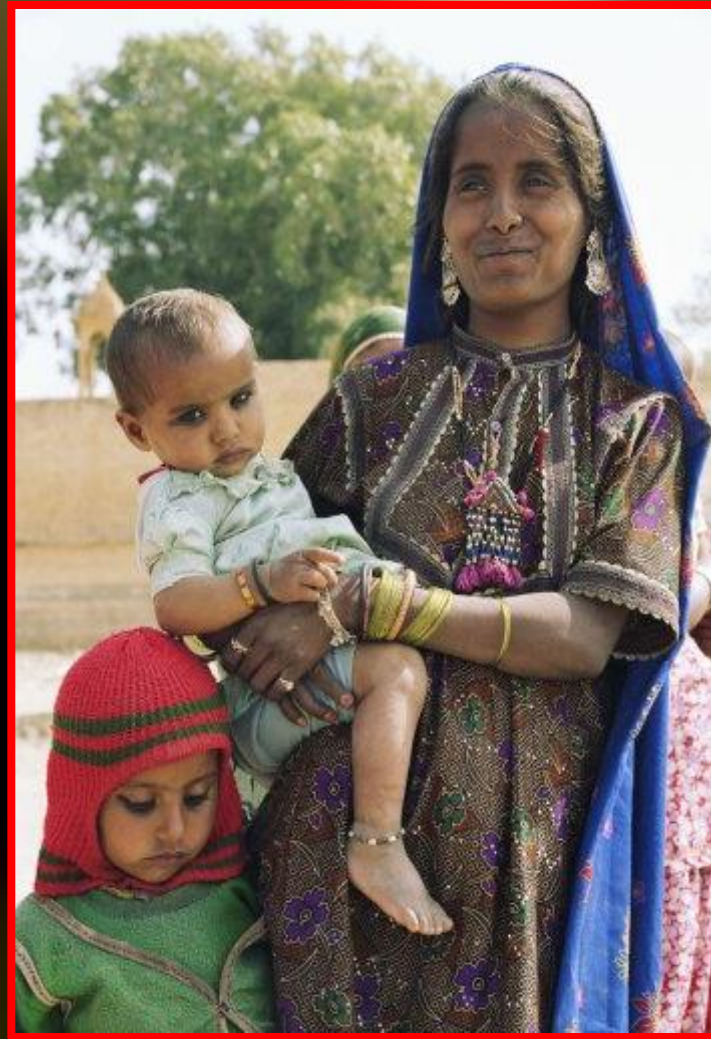


- Projects worth Rs.42,582 crs., to connect 60,556 villages
- 216,950 kms of roads approved
- 50% already completed

EMOC Program

- A FOGSI - ICOG Initiative for creating human resources
- Transfer technical skills by FOGSI to rural sector so that no woman dies during labour for want of medical aid
- GOI to spend Rs. 25 crores to upgrade skills of 2000 Government doctors
- ICOG to certify the training

FOGSI's contribution



The MVA Project



- Safe abortion services in rural areas through training of MVA techniques
- Reduces unsafe abortions

Operation Flood



Verghese Kurien

- Motivator of men
- Created Amul a win-win situation for farmers and consumers
- By 2007, 24 lakh farmers have joined the revolution

Operation Flood



- Though a Government servant he boasted he was a "Servant of the Farmer"

A perfect example of a public-private partnership

Maternal Mortality



Simple answer

- No reward
- 300 deaths/day
- No subsidy
- No voice in system

We Have The Power



- Make our health system work
- Generate revenue for our members
- votes for politicians

A sustainable way for improving health of poor women

Safe Motherhood

- FOGSI offered subsidized services of trained gynaecologists to GOI nursing homes of FOGSI members to be recognized by ICOG for its programs
- Once accredited, private health facilities eligible for implementation to train further skilled Birth Attendants



Safe Motherhood



- Win - Win situation for FOGSI members and women in rural areas
- Revenue for rural Gynaecologists
- Patients below poverty line get delivery free of cost
- Reduce incidence of maternal mortality of 300 women / day for want of means or facilities

The Spirit is Willing



- Every FOGSI President has the will and gives a direction, but only a sustained campaign for at least 5 years will produce results



- With change in leadership every year, focus changes, hence potential impact lost

- Let us be led by the stars rather than by the light of each passing ship



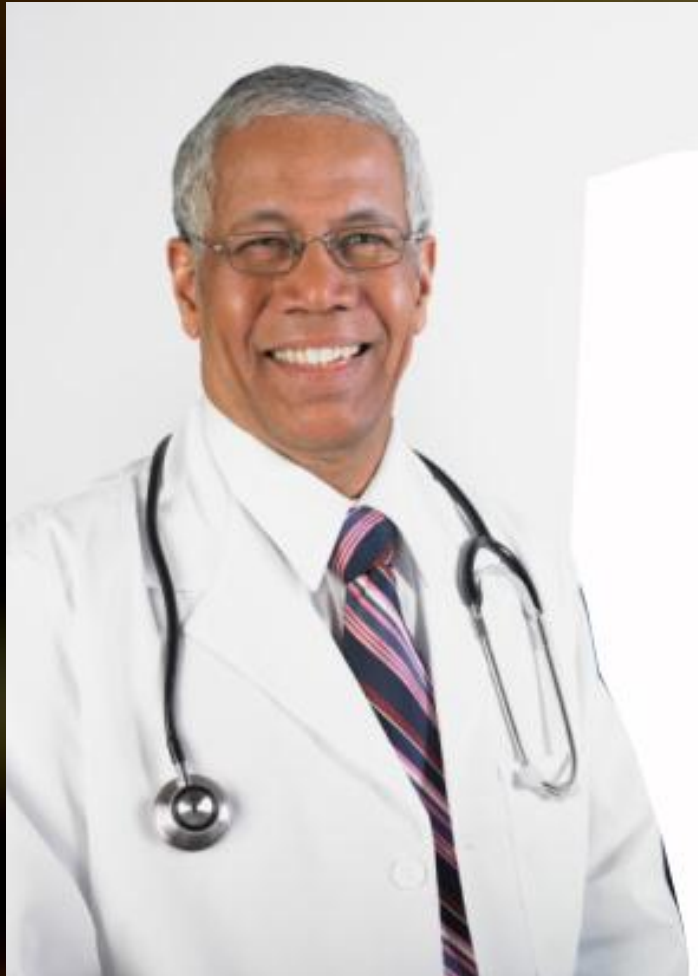
Let FOGSI members focus on 1 issue for 5 years – results bound to follow

Collective Teamwork



- Single Goal
- Single Vision
- Single Focus

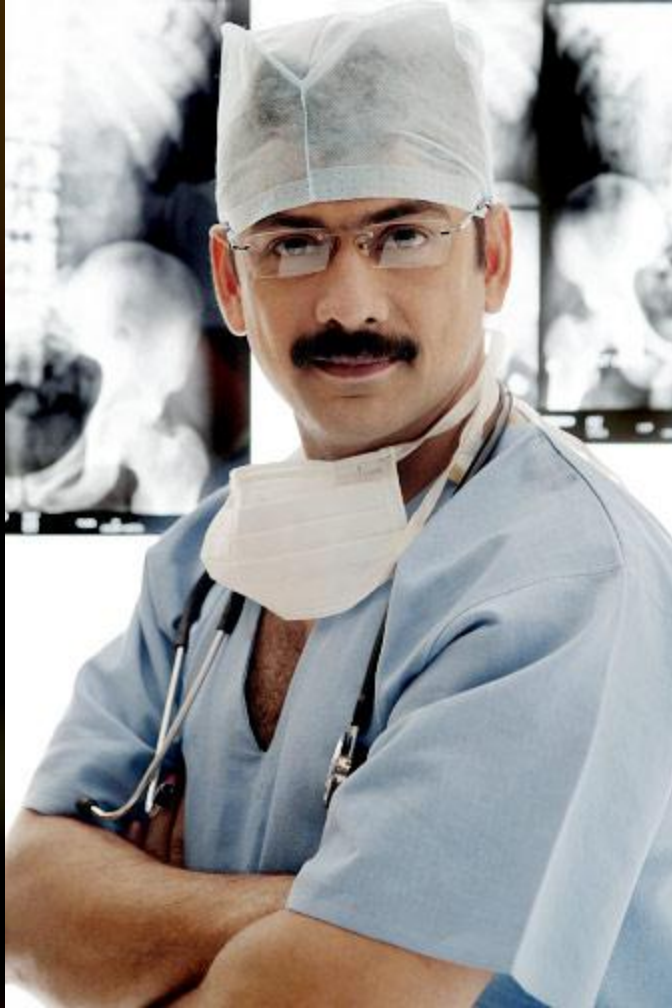
Thought for Academics



The Big Question



- Should not the country's most privileged people learn about lives of the country's least privileged?



From those to
whom ...much is
given... much is
expected

Thoughts for Gen Next

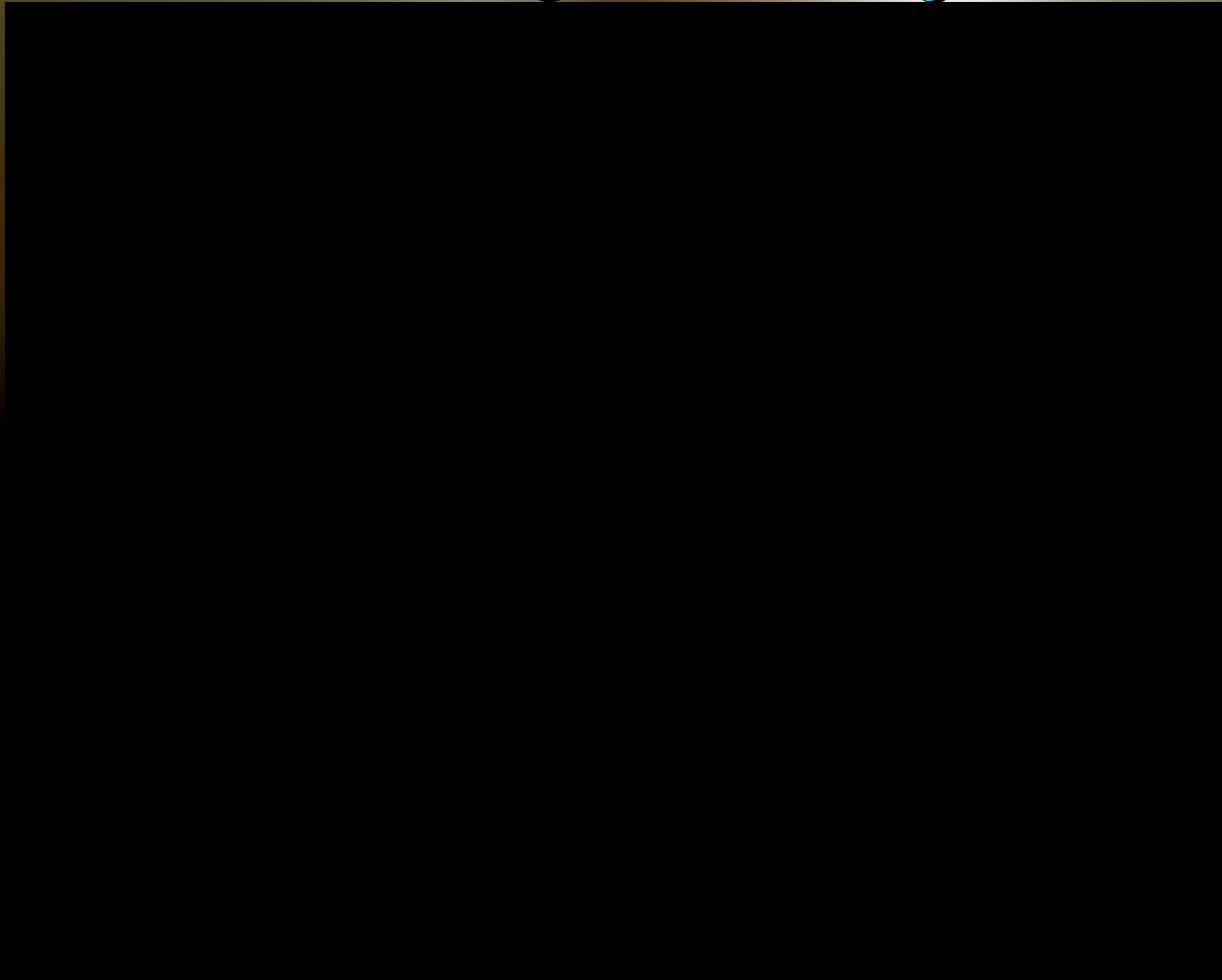


- You have . . .
 - technology
 - Awareness of preventive health
 - More than we ever had

Thoughts for Gen Next



The Task



A conscientious effort the only answer
to this challenge

LETS DO IT



