



# Indian FERTILITY Society

## SYNAPSES

### DYSMENORRHEA AND REPRODUCTIVE HEALTH

#### INTRODUCTION<sup>1,2</sup>

A highly prevalent and commonly underrated condition, defined as **painful menstrual cramps of uterine origin**.

#### Risk Factors:

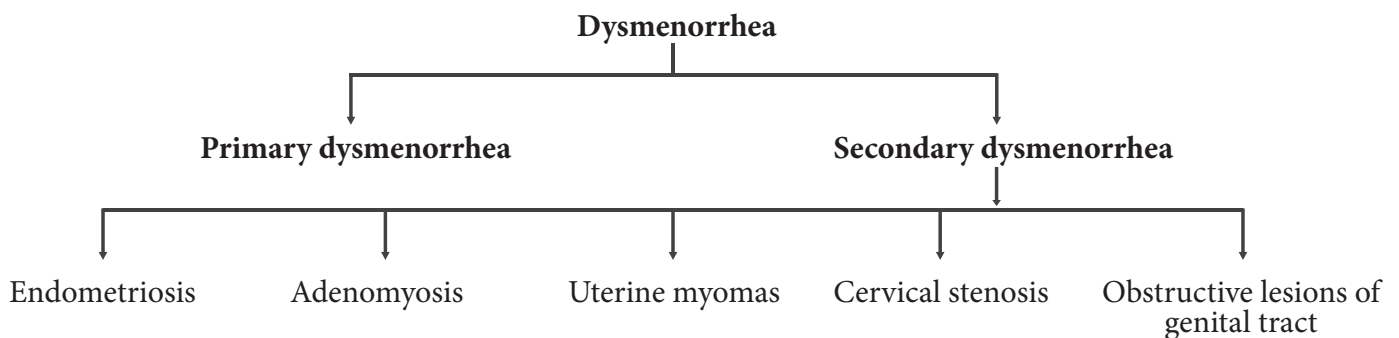
- Young Age
- Smoking
- Nulliparity
- Frequent life changes, fewer social supports, and stressful close relationships
- Low socioeconomic status
- Mood disorders

## Types

**Primary Dysmenorrhea:** is defined as pain occurring with menses in the absence of pelvic pathology. It is characterized by crampy, suprapubic pain that begins between a few hours before and a few hours after the onset of the menstrual bleeding. Symptoms peak with maximum blood flow.

**Secondary Dysmenorrhea:** Secondary dysmenorrhea is menstrual pain associated with underlying pelvic pathology.

## Differential Diagnosis



**Other causes of menstrual pain may include the following:**

1. Pelvic inflammatory disease
2. Pelvic adhesions
3. Irritable bowel syndrome
4. Inflammatory bowel disease
5. Interstitial cystitis
6. Mood disorders
7. Myofascial pain

## History Checklist

- Menstrual history.
- Relationship between menarche and onset of dysmenorrhea.
- Timing of pain in relation to menses and amount of menstrual flow.
- Characterization, severity, chronology and resulting disability.
- Sexual history including inquiry about sexual abuse.
- Inquiry about chronic pain syndromes and medical conditions.
- Presence of symptoms of depression, anxiety, or other psychiatric disorders.
- Previous treatment including dose, duration of use, side effects, and response.

## Treatment<sup>1</sup>

- **Non-steroidal anti-inflammatory drugs**, administered with regular dosing regimens, should be considered first-line treatment for most women (I-A).
- **Hormonal therapies** should be offered to women and girls who are not currently planning pregnancy unless contraindications exist (I-A).  
Continuous or extended use combined hormonal contraceptives are recommended (I-A).
- **Regular exercise** is likely to improve symptoms of dysmenorrhea and should be recommended (II-1A).
- **Local heat** in the form of heated pads or patches should be recommended as a complementary treatment for dysmenorrhea (I-A).
- **High-frequency transcutaneous electrical nerve stimulation** should be considered as a complementary treatment or in women unable or unwilling to use conventional therapy (II-1B).
- **Acupoint stimulation** should be considered for women wishing to use complementary or alternative therapies (II-1B).
- **Ginger** is recommended for women wishing to use complementary or alternative therapies (I-A).
- **Preoperative investigations** should include a detailed history and physical examination, ultrasound, and possibly magnetic resonance imaging to discover secondary causes for dysmenorrhea and to direct appropriate therapy (III-A).
- **Surgical intervention** should only be considered if a concerted trial of medical therapy has not been successful (III-A).

## Levels of Evidence<sup>3</sup>

- IA.** Evidence from meta-analysis of randomized controlled trials
- IB.** Evidence from at least one randomized controlled trial
- IIA.** Evidence from at least one controlled study without randomization
- IIB.** Evidence from at least one other type of quasi-experimental study
- III.** Evidence from non-experimental descriptive studies, such as comparative studies, correlation studies, and case-control studies
- IV.** Evidence from expert committee reports or opinions or clinical experience of respected authorities, or both

## Grades of Recommendations

- A. Directly based on Level I evidence.
- B. Directly based on Level II evidence or extrapolated recommendations from Level I evidence.
- C. Directly based on Level III evidence or extrapolated recommendations from Level I or II evidence.
- D. Directly based on Level IV evidence or extrapolated recommendations from Level I, II, or III evidence.

## References

1. No. 345-Primary Dysmenorrhea Consensus Guideline Burnett, Margaret Lemyre, Madeleine et al. Journal of Obstetrics and Gynaecology Canada , Volume 39, Issue 7, 585 – 595
2. Dysmenorrhea and endometriosis in the adolescent. ACOG Committee Opinion No. 760. American College of Obstetricians and Gynecologists. Obstet Gynecol 2018;132:e249-58.
3. Shekelle PG, Woolf SH, Eccles M, Grimshaw J. Developing clinical guidelines. West J Med. 170(6):348-51, 1999 June.

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## IFS SECRETARIAT

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Organised by



Theme: Beyond Tomorrow

**15th** Annual Congress of  
**Indian Fertility Society**  
**FERTIVISION**  
**2019** 6-8 December  
The Leela Ambience Hotel, Gurugram  
New Delhi | India



[www.fertivision2019.com](http://www.fertivision2019.com)

# Invitation

Dear Friends, Welcome to *FERTIVISION 2019*

On behalf of the Indian Fertility Society (IFS), we are extremely pleased to announce and cordially invite you to the much awaited academic event – the **15th National Annual Conference - Fertilvision 2019**, to be held on **6th, 7th & 8th December 2019** at Hotel **The Leela Ambience, Gurugram, New Delhi / NCR, India**.

This conference is aimed to provide the most comprehensive academic platform in the field of Infertility and Assisted Reproductive Technology (ART) befitting the theme of the meeting “**Beyond Tomorrow**”

Renowned and leading expert faculty from around the world would gather and deliver talks in our cutting edge scientific program which will not only enrich your current knowledge and clear all doubts faced in day-to-day clinical practice, but will also enlighten you about the latest innovations and ongoing research.

A large number of renowned international faculties have already confirmed their participations till date. The pre-congress workshops on 6th December are specially designed for informal in-depth training with hands on sessions on simulators and live, where ever feasible. There will be 4 simultaneous running streams on 7th & 8th December covering a wide variety of topics, enabling you to choose the deliberations specific to your area of interest and clinical practice. We are having a dedicated hall for the esteemed embryologist friends.

The best oral and poster presenters under various categories and the quiz winners will be honoured with special awards and prizes. Do join us in large numbers and update your knowledge with most updated current standards in clinical practice, as well as get inspired to innovate further to overcome remaining enigmatic issues!

The three days of scientific program will encompass didactic lectures, keynote presentations, panel discussions and orations. There will be 9 Preconference workshops based on Ovulation Induction, Ultrasound, Andrology, Embryology, Hands on Embryo Transfer, Ovum Pickup and more. These workshops will be in addition to the special state of the art workshops by the faculty from IFFS and ESHRE. We expect delegates across India, Sri Lanka, Bangladesh, Nepal, Middle - East Countries and African Nations and the arrangements are being made to accommodate more than 2500 delegates.

The exhibition area will be one of the highlights of the conference. Exhibiting provides tremendous benefits to both participating industry and the society. Tea, coffee and lunch will be served confluent with the trade area to allow optimal interaction between the trade companies and delegates during beverage and lunch breaks.

We invite you to participate in the Fertilvision 2019 and exchange your expertise with more than 2500 specialists in the field of Assisted Reproduction.

We look forward to your active participation and suggestions for successful conduct of the conference.

## With Our Best Regards



**Dr. M Gouri Devi**  
Organizing Chairperson  
FERTIVISION 2019



**Dr. Pankaj Talwar**  
Organizing Secretary  
FERTIVISION 2019



# FERTIVISION

# 2019

6-8 December The Leela Ambience Hotel  
Gurugram, New Delhi, NCR | India

## Registration Form

Title Prof/ Dr/ Mr/ Ms \_\_\_\_\_

Gender : Male  Female

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Institution \_\_\_\_\_ IFS Member No. \_\_\_\_\_

Correspondence Address \_\_\_\_\_

City \_\_\_\_\_ Pin Code \_\_\_\_\_ State \_\_\_\_\_

Mobile No. \_\_\_\_\_ Email \_\_\_\_\_

(All the above fields are mandatory)



Choose from 10 Pre Conference Workshops | 6 December Choose Any 1 Workshop

1) <input type="checkbox"/> IFFS Workshop on Do's and Don'ts in Ovarian Stimulation	7) <input type="checkbox"/> QA / QC
2) <input type="checkbox"/> Reproductive Surgery	<b>Pre Lunch Workshop (0900 - 1300 Hrs)</b>
3) <input type="checkbox"/> Ultrasonography Imaging In Infertility	8 A) <input type="checkbox"/> Counselling & Psychological Support
4) <input type="checkbox"/> Andrology & Semenology	<b>Post Lunch Workshop (1400 - 1700 Hrs )</b>
5) <input type="checkbox"/> Ovum Pickup and Embryo Transfer (With Simulators)	8 B) <input type="checkbox"/> Research Methodology
6) <input type="checkbox"/> Cryobiology	9) <input type="checkbox"/> PGT and Genomics

Inclusive of 18% GST

## Registration Fees

Please tick the appropriate checkbox

Category	Early Bird Fees Till 15th July 2019		Regular Fees Till 15th October		Onspot	
IFS Member	INR 10500	<input type="checkbox"/>	INR 12500	<input type="checkbox"/>	INR 14500	<input type="checkbox"/>
Non IFS Member	INR 12500	<input type="checkbox"/>	INR 14500	<input type="checkbox"/>	INR 16500	<input type="checkbox"/>
Conference Registration plus Life Time IFS Membership	Embryologist	INR 14500 <input type="checkbox"/>	Embryologist	INR 16500 <input type="checkbox"/>	Embryologist	INR 18500 <input type="checkbox"/>
	Gynaecologist	INR 15500 <input type="checkbox"/>	Gynaecologist	INR 17500 <input type="checkbox"/>	Gynaecologist	INR 19500 <input type="checkbox"/>
PG Students (No Dinner)	INR 6000	<input type="checkbox"/>	INR 7000	<input type="checkbox"/>	INR 8000	<input type="checkbox"/>
Accompanying Person	INR 10500	<input type="checkbox"/>	INR 11500	<input type="checkbox"/>	INR 12500	<input type="checkbox"/>
Foreign Delegates	\$ 350	<input type="checkbox"/>	\$ 400	<input type="checkbox"/>	\$ 500	<input type="checkbox"/>

Inclusive of 18% GST

### Conference Registration Fees Includes

- 18 Hrs of World Class Academic Program with Access to Best & Brightest International & National Faculty
- 3 Lunches and 6 Tea / Coffee Served During the Conference on 6, 7 & 8 December
- Banquet Dinner on 7 December
- Conference Kit (Including Bag, Badge, Notepad, Certificate & Pen)
- 1 Pre Conference Workshop
- Accompanying Person is Entitled for Food Coupons Only

### Mode of Payment

1. Bank Draft/Cheque - To be made in favor of "INDIAN FERTILITY SOCIETY"
2. Bank Transfer Details  
IFS Account Name : Indian Fertility Society  
Account Number : 50562010067180  
IFSC Code : ORBC0100179  
Bank Name : Oriental Bank of Commerce  
Branch: Connaught place, New Delhi- 110001

### Cancellation Policy

- Cancellation till 31st October, 2019 – 50% Refund.
- Cancellation from 1st November, 2019 – No Refund.
- All refunds will be made after the congress.

Cheque / Draft No. \_\_\_\_\_ Total Amount \_\_\_\_\_

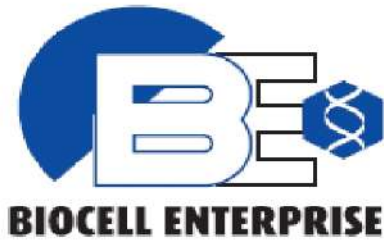
Note: Kindly email us bank deposit slip / UTR number once you made the payment for our record. Payment confirmation will take 7-10 working days post deposit of cheque, DD or RTGS

3. To Register online log on to [www.fertivision2019.com](http://www.fertivision2019.com)

### Congress Manager's



Mr. Vikas Sharma  
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B-220/2, 2nd Floor,  
Opposite Kali Masjid, Savitri Nagar  
New Delhi – 110017  
M: +91-9560493999  
Email: fertivision2019@gmail.com



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