



Prof. Abha Majumdar

**Director, Center of IVF and Human Reproduction
Sir Ganga Ram Hospital, New Delhi, INDIA**

President's Medal for best medical graduate for the batch 1970-75

Vikas Ratan Award by Nations economic development & growth society 2002

Chitsa Ratan Award by International Study Circle in 2007

Life-time Medical excellence award Obs & Gyne by Hippocrates foundation 2014

Abdul Kalam gold medal 2015 & **Rashtriya Gaurav Gold Medal award** 2017 by Global Economic Progress & Research Association.

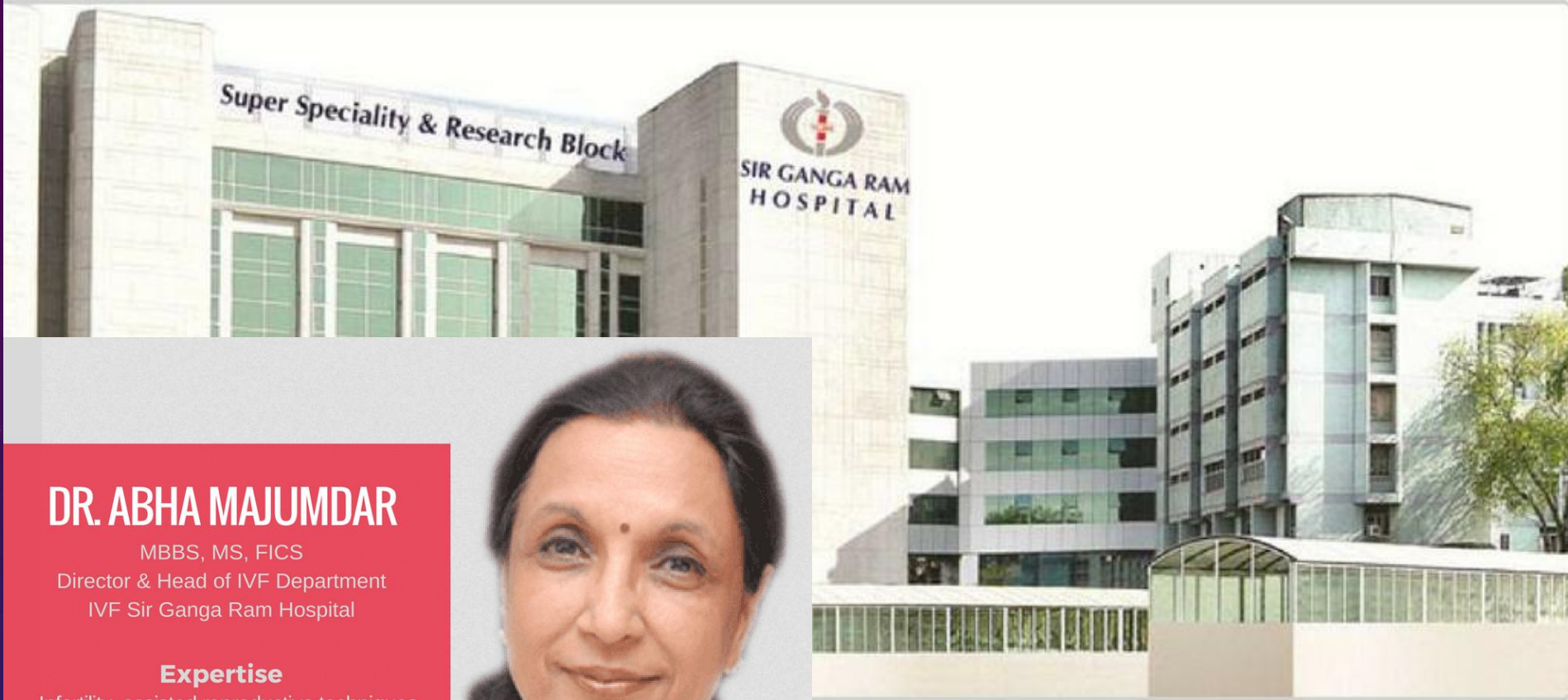
Distinguished teacher of excellence award for Post Graduate medical education by ANBAI & National Board of Education 2017

Awarded by Times of India as 'National IVF Champion of the year 2019' by a panel of juries. Also awarded as "ICON of IVF of North India", 2019, & the 'Best integrated national team of IVF' 2019.

Course director for post doctoral **Fellowship in Reproductive Medicine** by NBE, since 2007, IFS since 2014, ISAR 2014 and by FOGSI for basic & advanced infertility training since 2008.

Member of Editorial board of '**IVF Worldwide**', peer reviewer for '**Journal of Human Reproductive Sciences**', and member of advisory board for '**Journal of Fertility Science & Research**'.

Field of interest: Infertility, ART, Reproductive endocrinology, Endoscopic surgery for pelvic resurrection.



DR. ABHA MAJUMDAR

MBBS, MS, FICS
Director & Head of IVF Department
IVF Sir Ganga Ram Hospital

Expertise

Infertility, assisted reproductive techniques,
reproductive endocrinology, endoscopic surgery
for pelvic resurrection.



Director

Centre of IVF and Human Reproduction

To book an appointment with an IVF exper

Sir Ganga Ram Hospital, Rajinder Nagar, New Delhi, 110060

Ph: 011 4225 4000/ 011 4225 1800/ 011 4225 1777/ 8375990881

Website: www.ivfgangaram.com





mother's day

HEALTH AND WELLNESS OF
WOMAN

WOMAN'S HEALTH

General
health

Reproductive
health

Vaccination

Covid
situations

Mental
health

General health

GENERAL HEALTH



Eating healthy



Exercises



Smoking/Alcohol

MYTHS

FACTS

WEIGHT
LOSS

MYTHS: WEIGHT LOSS

WEIGHT LOSS REMEDIES

COCONUT OIL FOR WEIGHT LOSS



10 Herbs and
Spices to Help
You Lose Weight



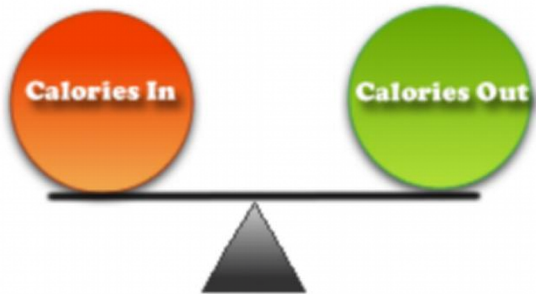
Lose Weight Safely
By Eating
One Meal a Day

BELIEFS

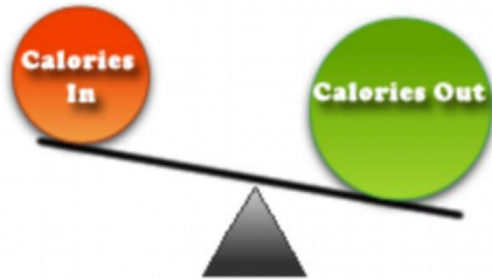
Barring water

Anything that can be
eaten or drunk has
calories

Aging causes
weight-gain.



Weight Maintained
Isocaloric Balance
Energy In = Energy Out



Weight Loss
Negative Caloric Balance
Energy In < Energy Out



Weight Gain
Positive Caloric Balance
Energy In > Energy Out



FACTS
WEIGHT LOSS



INCREASING YOUR CALORIE
BURNING: THE ROLE OF PUBLIC
TRANSPORT

Small steps: big results

walk a mile



1.0 Mile Happy Walk | Walk at Home | Walking Workout

Walk at Home by Leslie Sansone · 3.9 crore views · 5 years ago

**FAST
WALKING
30
MINS**



FAST Walking in 30 minutes | Fitness Videos

Walk at Home by Leslie Sansone · 6.4 crore views · 2 years ago



Walk at Home by Leslie...
33.2 lakh subscribers

SUBSCRIBE

Comments 243



LESLIE COME BACK!!!! 🥰💖💖💖💖💖💖

**2 MILE
WALK**



2 Mile Walk - from the 4 Mile Power
Walk Workout

MY ADVICE FOR REDUCING CALORIE INTAKE WITHOUT GOING HUNGRY



Eat three meals a day



Fix meal timing



Snacking between meals: strict no



Added sugar to be avoided



Start with a bowl of fruit or salad.



Focus less on Roti/paratha/rice/bread

REPRODUCTIVE HEALTH ISSUES

Reproductive
health



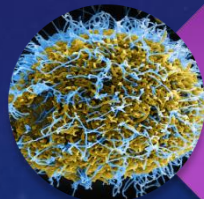
Menstrual problems



Concern about fertility



Contraception



Concern about cancer

MENSTRUAL PROBLEMS

Having menses between 26 to 35 days is normal

Do not ignore if you do not get your periods after 45 days on a regular basis

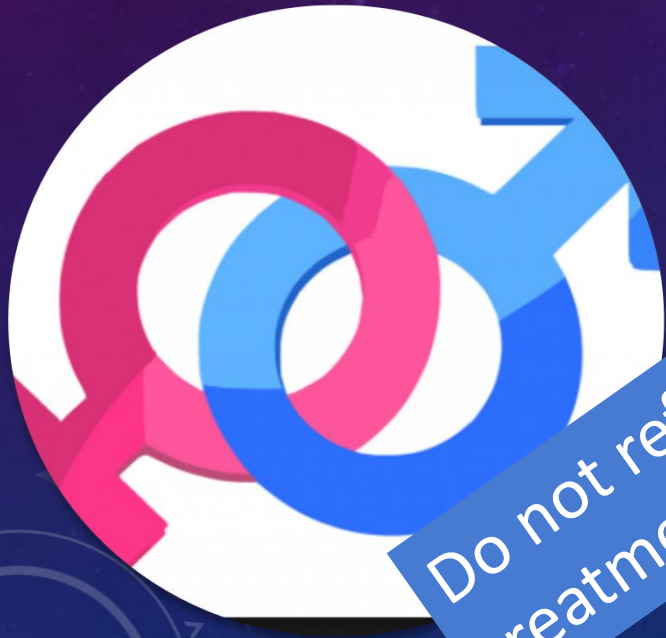
Do not hesitate to take a hormonal medicine to get menses

Hormones do not harm the body. They are essential for health

For irregular long episodes of bleeding show yourself to a doctor and get the cause treated

CONCERNS ABOUT FERTILITY

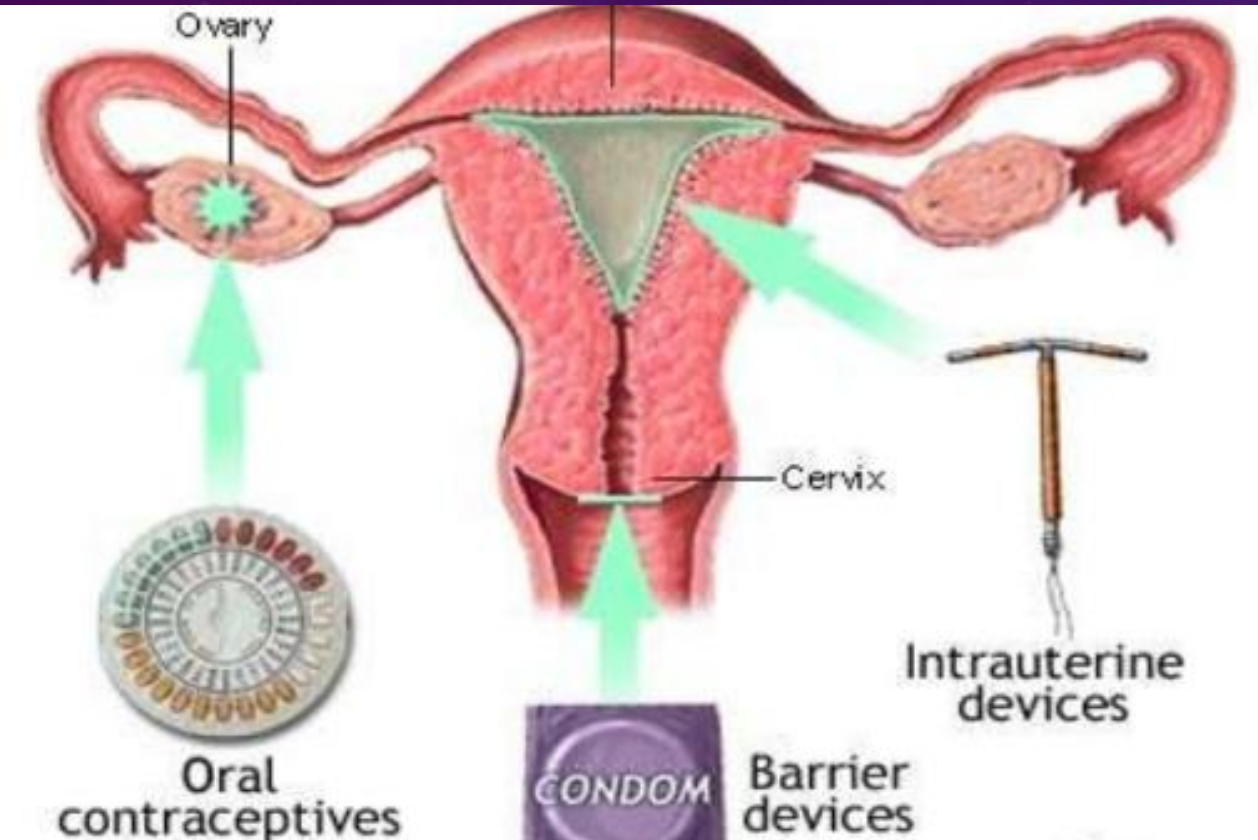
Seek
help



- > 35 yrs. Trying for 12 months
- < 35 yrs. Trying for 18 months
- Problem could be either in the male or the female
- Sometimes no obvious reason is found
- Most forms of infertility is treatable

Do not refrain from sexual contacts during any type of treatment as this is the only natural way to treat infertility

CONTRACEPTION



Morning after pill (72 hours):

Don't misuse or overuse

High hormonal levels to disturb the lining of the uterus so one can have untimely bleeding

The dose of the medicine is 4 times the dose of an oral contraceptive tablet

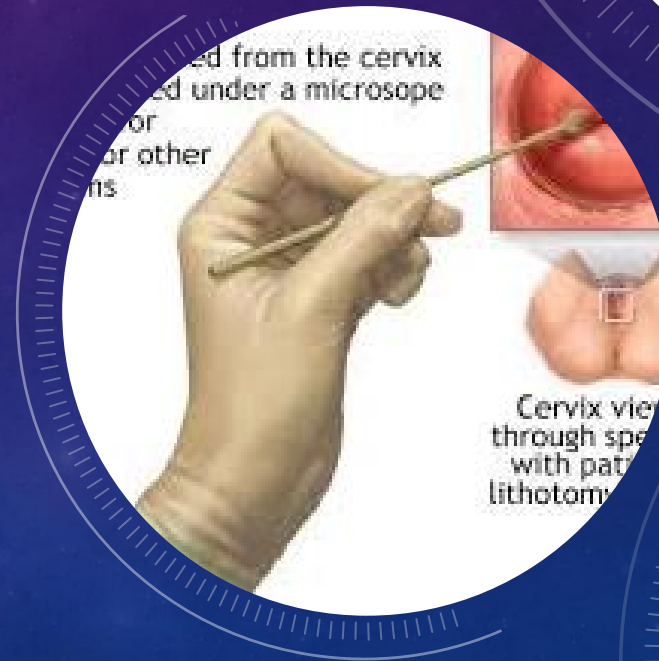
Oral contraceptives are the most effective form of contraception

These are harmless if one is not obese and non-smoker

CANCER SCREENING

CERVICAL CANCER

- Cervical cancer life-time risk: 0.6%
 - All sexually active women/ more than one sexual partner
 - Once in three years for ages 21-29 years.
 - Once in five years: LBC+ HPV for 30-65 years.



BREAST CANCER:

Risk factors

- ☐ Cigarette Smoking
- ☐ Obesity
- ☐ Never having had a child
- ☐ Family history of breast cancer
- ☐ Individuals with BRCA1/2 mutation in family or self

Risks of mammography?

Radiation, overdiagnosis, over treatment, missing diagnosis

Mammograms and Ultrasounds

Mammograms is for women who do not have any breast symptoms. Breast ultrasounds, not effective screening tool for many reasons: cannot see breast at depth, can't image entire breast at once.

Breast cancer screening:

(American cancer society guidelines)

Mammography

- Earlier than 44 years if risk factors
- 45-54 years annually
- Every 2 years for 55 till 74 years
- Clinical breast exam not recommended

VACCINATION IN WOMEN OF REPRODUCTIVE AGE

CERVICAL CANCER VACCINE (HPV VACCINE)

9-45 years non pregnant women

CDC recommendation: 11-12 years

3 shots (before 15 years age 2 shots only)

Also protects against most genital warts, as well as some cancers of the vulva, vagina and anus.

Ideal time for HPV vaccination: Before sexual contact begins

“ Maternal vaccines
are very safe...for you and
your little one.

Tdap and flu vaccines are very safe for you and
your baby. CDC and a panel of experts who make
vaccine recommendations have concluded that
they are safe for pregnant women and their babies



PREGNANCY VACCINES

- Most vaccines safe after first trimester
- 1. Routine vaccine for tetanus is tetanus toxoid (TT).
 - 1st TT at 24 weeks, 2nd dose of T DAP at 32 weeks and 3rd TT after 6 months for women be immune for next 10 years in India
- 2. Influenza vaccines

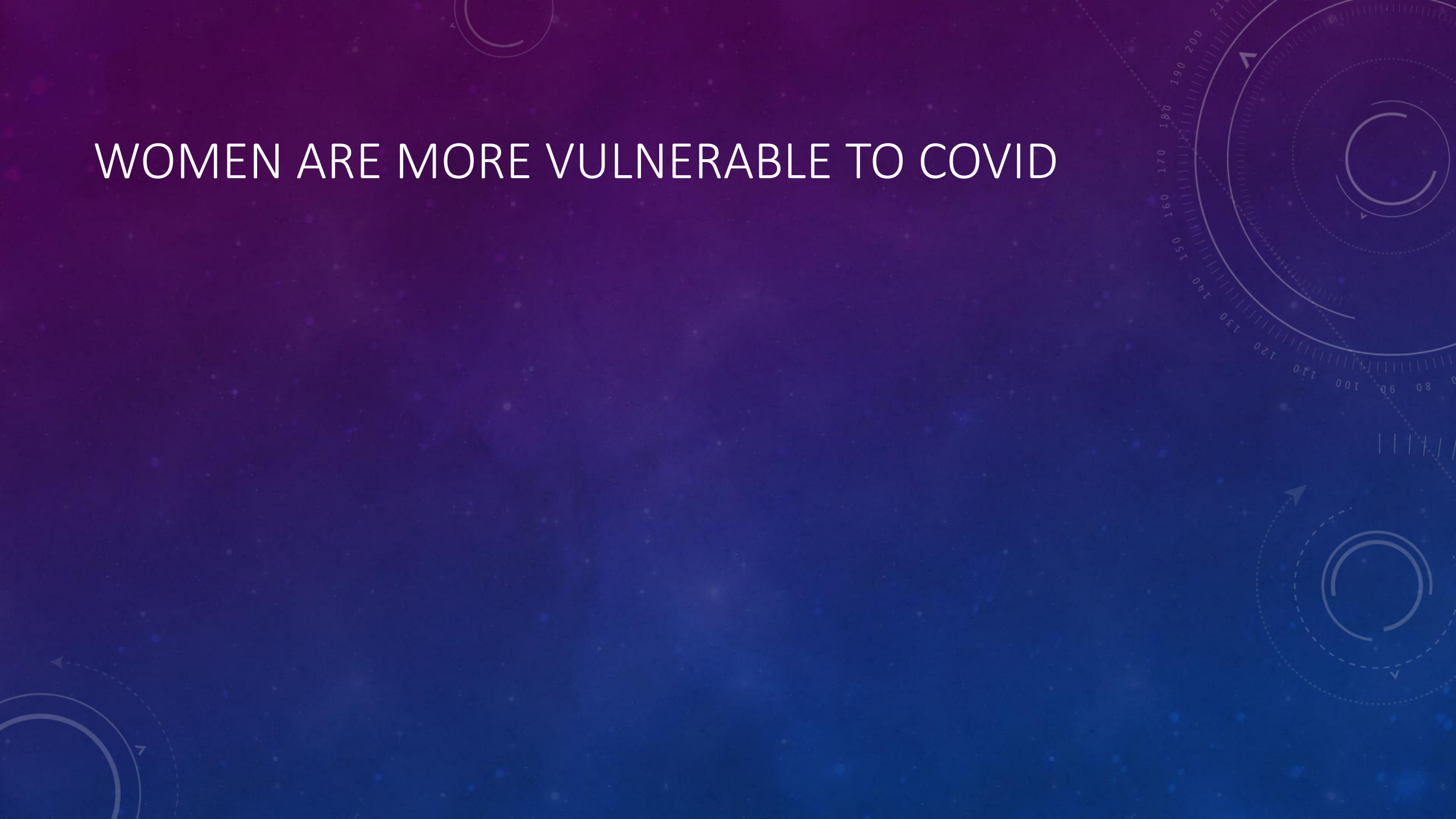
Covid situations



WORLD HEALTH ORGANISATION DECLARED COVID 19 OUTBREAK A PUBLIC HEALTH EMERGENCY OF INTERNATIONAL CONCERN IN JANUARY 2020 AND A PANDEMIC ON 11TH OF MARCH 2020.

THE WHOLE WORLD CAME TO A HALT AND SO DID ALL MEDICAL FACILITIES EXCEPT FOR THOSE INVOLVED IN THE CARE OF THE VICTIMS OF THE PANDEMIC
INDIA, A COUNTRY OF 1.3 BILLION , WAS COMPLETELY LOCKED DOWN ON THE 24TH OF MARCH 2020

WOMEN ARE MORE VULNERABLE TO COVID



BUSTING THE MYTHS

Related to pregnancy in the **COVID-19** scenario

MYTH
My stored embryos, eggs or sperms are not safe in the IVF clinic

FACT
There is no immediate threat to the safety of your preserved eggs, sperms or embryos due to COVID-19¹

There is currently no evidence that Coronavirus is transmitted to or carried by eggs or sperms²

IVF centres have procedures to safely maintain the tanks containing frozen embryos, eggs, and sperms²

Embryology staff follows screening and distancing policies with continuous & rigorous use of PPE protocols²

IVF: In Vitro Fertilization, PPE: Personal Protective Equipment
References: 1. FAQs for Patients Related to COVID-19. Available at: <https://www.asrm.org/news-and-publications/news-and-research/announcements/FAQs-Related-to-COVID-19/>. Accessed on: 8 June 2020. 2. FAQs for Patients Related to COVID-19. Available at: <https://rch.ucsf.edu/faqs-patients-related-covid-19>. Accessed on 8 June 2020.

Discussion

Dr. Abha Majumdar - 1/44



1. **Related to Pregnancy in the Covid-19 Scenario**
Dr. Abha Majumdar
2:01
 2. **Things to Follow During an IVF Clinic visit in the COVID 19 Scenario**
Dr. Abha Majumdar
1:23
 3. **Tips for Self Care at Home During IVF in Covid -19 Scenario**
Dr. Abha Majumdar
2:15
 4. **Basics of Reproductive Medicine" talk from 2 May 2021- Dr Abha Majumdar**
Dr. Abha Majumdar
59:22
- Role of Diet and Nutrition in Infertility**

https://apac01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DdG15fQD2N8s%26list%3DPLu57RyWffSqUDplirCgk9v9nLWkFQ_NXY%26index%3D1&data=04%7C01%7C%7C85bf5775335f4164525d08d911c95ddc%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637560378834209090%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikl1haWwiLCJXVCi6Mn0%3D%7C1000&sdata=gN78MgisJVRtMIGI0pgmKFam1Dz2Xt%2BP3%2Bh%2FWs4Czik%3D&reserved=0



Current Recommendations on COVID Vaccine in maternity care in India

- At present, the recommendations from the Ministry of Health and Family Welfare, Government of India state that pregnancy and lactation are contraindications to vaccinations.
- Both the manufacturers (**COVISHIELD & COVAXIN**) in India also state the same in their product literature.
- *Individual practitioners cannot advise vaccination to pregnant and lactating women in India until there is a change in recommendations from the MOHFW, GOI.*

FOGSI Position Statement

Covid Vaccination For Pregnant & BF Women

- Density of population and current infection rates in India
- A substantial increase in the incidence and severity of COVID-19 infection in pregnant women in recent times
- Risk of infection in pregnancy complicating routine pregnancy care and delivery
- Risk of serious morbidity with infection in pregnancy
- Demonstrated efficacy of the vaccines available in India
- Experience of decades of vaccine administration in pregnancy with vaccines for other diseases for example tetanus and influenza



[FOGSI position statement - covid vaccination for pregnant & breastfeeding women: April-2021]

Common clinical situations and solutions

- Women should receive the vaccine on any day of the menstrual cycle, even during menstruation
- Vaccine can be given in the preconception period or for women undergoing fertility treatment including assisted reproduction
- Pregnancy testing before administering the vaccine NOT needed
- If Vaccine administered inadvertently to a pregnant woman in early pregnancy, no need to do MTP.
- Vaccines for a pregnant woman already infected in the past.... vaccination should be deferred for 12 weeks from the infection or 4 to 8 weeks from recovery.
- Vaccine for a pregnant woman with co-morbidities.. Must give if not contraindicated
- Vaccine can be given in Lactating mother
- Contraindications to vaccination.... Same as in adult




[FOGSI position statement - covid vaccination for pregnant & breastfeeding women: April-2021]



- Working women traditionally experience higher levels of burn out compared to men. The pandemic appears to have widened that gap, with the divide now being 36% for men and 51% for women.
- *Reason being men are better at focusing on one task at a time, while women are multi-taskers, who can seamlessly manage work, family, kids and other obligations.*
- *Carol Burnstein, MD , psychiatrist Montefiore Medical Center, New York.*
- *Amy Sullivan, a Cleveland Clinic health psychologist.*

Mental
health

A circular frame containing a silhouette of a woman with curly hair and two young children holding hands, standing on a grassy field against a bright orange sunset sky. The sun is low on the horizon to the right. The entire image is set within a circular frame with decorative blue and purple borders on the left and right sides.

**GOD COULD NOT BE
EVERYWHERE
AND THEREFORE
HE MADE MOTHERS.**

RUDYARD KIPLING

THANK YOU



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