

CONTRACEPTION

Various methods are available to prevent unwanted pregnancy.

Temporary ones are: -

1. Condoms
2. Oral Contraceptive Pills (OCPs)
3. Intrauterine Contraceptive Devices (IUCDs),
E.g. Copper T, Mirena
4. Injectable 3 monthly contraception - DMPA

Permanent sterilization: -

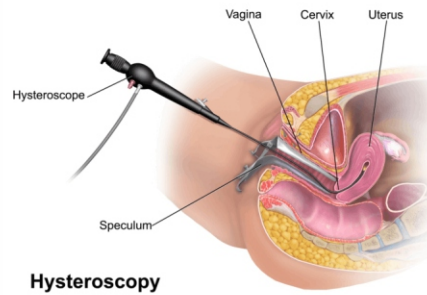
1. Tubal Ligation – Can be done Laparoscopically or open.
2. Vasectomy for men (NSV - Non Scalpel Vasectomy)



WHAT IS HYSTEROSCOPY / LAPAROSCOPY ?

1. Hysteroscopy

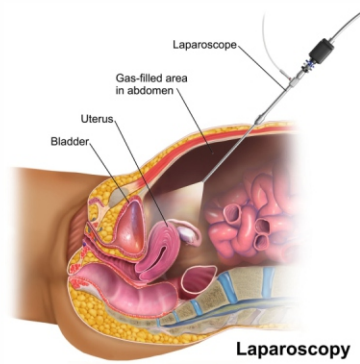
A small telescope is inserted into the uterus through the cervix to diagnose any problems causing infertility, to remove polyps and fibroids from uterine cavity, divide scar tissue and open up blocked tubes.



Hysteroscopy

2. Laparoscopy

A small telescope is inserted inside the abdomen from the belly button to diagnose and treat problems of the uterus (fibroids), ovaries (cysts, stuck ovaries), fallopian tubes etc. Since the procedure is done via 0.5-1 cm cuts made in the abdomen, pain is very less and recovery is quick.



Laparoscopy

Book an Appointment
079-66770000

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GYNAECOLOGY & OBSTETRICS

Being Healthy in Reproductive Years

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Reproductive years, 18 – 45 years, is the time when the woman is getting her periods regularly and is able to get pregnant. Here we have discussed some of the problems she may encounter during this time.

IRREGULAR PERIODS

Normal menstrual cycles occur anytime between 21 to 35 days, and bleeding usually lasts 3-8 days. Cycles may be irregular due to:-

1. Physiological

Puberty & Peri menopause – Periods may be irregular for 4-6 years when starting or ending.

2. Lactation

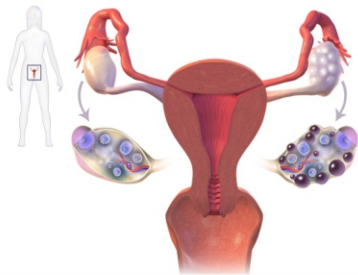
Breastfeeding period may have irregular periods or none.

3. Stress

Any Physical, Mental or Emotional stress may lead to irregularity in periods.

4. Polycystic Ovarian Syndrome / PCOS

It is a lifestyle, multi-system disorder in which the underlying Insulin Resistance may lead to irregular periods, excess facial or body hair / pimples and appearance of Polycystic ovaries on Sonography.



5. Excessively low body fat (< 8-12 %).

6. Endocrine / Hormonal disorders of the Hypothalamus, Pituitary, Thyroid or Adrenal glands may lead to irregular menses.

7. Hormonal birth control

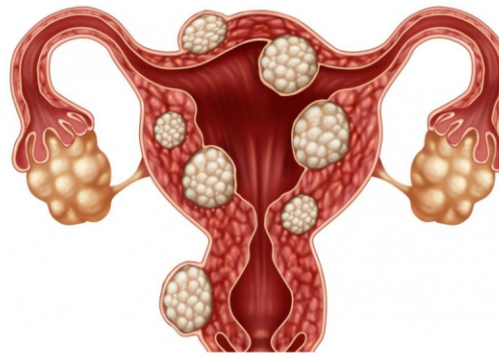
Depot Progesterone injections (DMPA - 3 monthly) or Hormonal IUCD (Mirena) may cause delayed or absent periods.

PAINFUL PERIODS

Some amount of pain is common / normal during menses. But few women may experience severe, debilitating pain which prevents them from carrying out their routine activities and leads to nausea / vomiting. Excessively painful periods may be due to:-

1. Fibroids

Usually benign (not cancerous) growths / tumours of the muscle tissue of the uterus, ranging in size from 1 cm to that of a full-term pregnancy! Apart from painful menses, fibroids may also cause heavy menses, feeling of fullness or constant dull pain in abdomen, urinary problems, pain during intercourse & trouble getting pregnant.

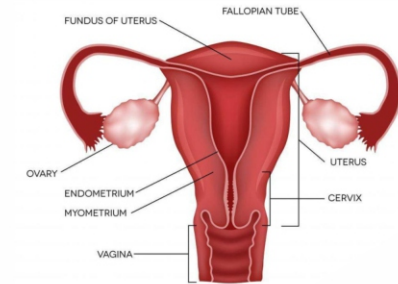


2. Pelvic Inflammatory Disease (PID)

When infection travels from the vagina up to the fallopian tubes or ovaries, it is called PID. It is usually caused by bacteria like Chlamydia or Gonorrhoea, and can be treated with medicines given to both partners.

3. Endometriosis

It is the presence of Endometrial tissue (inner lining of the uterus) outside its usual place. It may be found in the muscle/outer lining of the uterus itself (Adenomyosis), Ovaries (Chocolate cysts) or in abdomen (Peritoneal endometriosis).



4. Physiological

Usually young girls may have extremely painful periods, without any obvious cause.

5. IUCD / Copper T

May be the cause of heavier & more painful periods than usual.

HEAVY PERIODS

1. Fibroids
2. Endometriosis
3. IUCD / Copper T
4. PID

DIFFICULTY IN CONCEIVING / INFERTILITY

1. Blocked / Damaged fallopian tubes
2. PCOS – Irregular menses due to lack of ovulation
3. Endometriosis / Chocolate cysts / Adenomyosis
4. Endocrine – Thyroid disorders, excess Prolactin, Diabetes etc.
5. Obesity / Underweight
6. Ovarian insufficiency / decreased ovarian reserve
7. Male factor Infertility – problems like low sperm count, difficulty in ejaculation etc.