

Update of the 6th Singapore Congress in Obstetrics & Gynaecology

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The 6th Singapore Congress of O&G would be held at the Conrad Centennial Hotel, from 21st March 2007 (the opening ceremony) to the 24th March 2007. The theme of the congress is "Exploring New Frontiers for the Practicing Obstetricians and Gynecologists".

We as practicing gynecologists have had to keep up with the rapid pace of scientific and medical discovery, innovation and progress. Hence, keeping current with the ever-changing practice protocols and voluminous medical information is truly overwhelming. With sub-specialization, the practicing gynecologist is expected to have both breadth and sufficient depth of the various segments of obstetrics and gynecology to be able to arrive at the appropriate diagnosis and initiate the relevant investigations and treatment.

When the situation is within range of one's capacity, we must endeavor to provide the best and most up-to-date care available to our patients. However, if it is beyond the scope and realms of one's expertise, it is nevertheless still crucial that we develop along the correct diagnostic and therapeutic algorithms in order to appreciate the need for sub-specialist referral. In addition, we have endeavored to make our scientific program not only one that provides updates but also to develop interest, knowledge and skills in the less traditional aspects of obstetrics and gynecology and other branches of medical practice that gynecologists can avail themselves to.

Examples of the areas that will be included in our program are:

1. Obstetric labour ward management symposium – this would feature management of acute obstetric emergencies, obstetric hemorrhage, difficulties in operative obstetrics including instrumental and surgical deliveries. There will be a pregress obstetric ultrasound workshop featuring high risk obstetrics and antenatal screening.
2. In gynecologic oncology, we meet up with

significant challenges in diagnosis, treatment and surveillance of tumours that masquerade in a myriad of ways testing our clinical prowess and acumen. To this end, our President, Prof EH Tay has put up an intriguing and thought-provoking program suited to the needs of all practicing gynecologists. In addition, he will be our congress orator and will speak on "Issues Relating to HPV Vaccines – the Singapore context", an area that has revolutionized cervical cancer prevention strategies creating the potential for the eventual eradication of this dreadful disease.

3. As cancer is affecting younger women and the treatments have gotten curative, these women survive to the reproductive age and are therefore seeking fertility options. Understanding the medical and surgical mechanism of contiguous normal organ and tissue preservation is all-important so as to provide the correct advice about the curative treatment of the tumors and yet preserve her fertility potential. Both gynecologists and oncologists have to acknowledge each other's role in this regard to avoid irreversible and often permanent compromise of the patient's fertility as a result of the cancer treatment.
4. Male Aging – diagnosis and treatment ; gynecologists have always managed couples, e.g. in infertility, in obstetrics, but now in the support structure of managing women in the menopause, we need to embrace the all important role of well being of the husband as the spouse and partner.
5. In minimal access surgery, we plan to have a cadaveric laparoscopic surgery pregress workshop that will help develop skills for all gynecologists in performing an uncomplicated laparoscopic hysterectomy; myomectomy and pelvic floor reconstruction. The emphasis is that all gynecologists be equipped to perform a series of well orchestrated surgical steps to

accomplish “bread and butter” operations in an expeditious and safe manner.

6. In urogynaecology, procedures such as the application of the tension free trans-obturator tapes are a very user-friendly procedures that lend itself to a short learning curve. Once again, using the cadaveric model, gynecologists will get to practice this operation through a number of applications till one is very familiar and competent. The “PROLIFT” for vault prolapse would also be featured for the management of this condition being increasingly prevalent in our aging female population. The repair of anal sphincter dehiscence will also be featured.
7. Beyond basic ovulation induction, practicing gynecologists can avail themselves to protocols on superovulation and intrauterine insemination and gain an appreciation of the role of assisted reproduction in infertility management. The pregress ART workshop will feature updates in clinical and laboratory aspects, (oocyte cryopreservation, assisted hatching, ICSI) – to address issues relating to preserving fertility in oncologic patients and in women with compromised ovarian reserve
8. Menstrual irregularities in adolescent gynecology & menstrual control in the intellectually challenged individuals are perplexing problems that will be addressed in the congress.
9. Obesity is a significant problem afflicting the

young (adolescents & reproductive age groups) and the old; men and women, causing both obstetric and reproductive dysfunction and implicated in the genesis of cancer – a symposium in the preventative and management strategies to combat obesity in gynecology is long overdue.

10. An area as yet not covered in previous congresses is that of the problem of recurrent miscarriages and pregnancy losses. We will have lectures and discussion to address recent developments and advancement in the management of this distressing problem.

All of these may seem rather exhausting and indeed it might be. However, in this, the 6th Congress, we are going to have a fun filled “edu-tainment” event every evening to round off the Congress for the day. Pfizer is to provide a view of the “sexual revolution through the eyes of the gynecologists” in a carnival atmosphere. Wyeth is going to help our fraternity understand ourselves better through personality traits assessments and engagement.

Our hope is to imbibe camaraderie and togetherness between society members that transcends age barriers, social ethos and psychological inclinations. We round off with our annual general meeting with the election of the new President and rejoice in celebration of the reign of our current President as he delivers the congress oration. I invite you all to the 6th Singapore Congress in O&G for an educational and yet exciting experience with opportunities for further bonding amongst members. See you all at the CONRAD!