

INDUSTRY PRESS RELEASES /

Zulekha Hospital hosts top-tier specialists at symposium on hormonal imbalance

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PRESS RELEASE CONTENT

Recent advances in hormonal modulation highlighted.

Recent advances in hormonal modulation and its significant benefits to women of different age groups were highlighted at a symposium hosted by **Zulekha Healthcare Group**, one of the region's foremost centres for comprehensive healthcare.

More than 150 professionals in gynaecology, infertility, urology, internal medicine and pathology attended the high profile symposium held on 1 March. The Dubai Department of Health and Medical Services (DOHMS) designated three credit hours for the educational programme.

Dr Alan DeCherney, Chief of Reproductive Biology and Medicine Branch at the National Institute of Child Health and Human Development, Washington; Dr. Gautam Chaudhuri, Executive Chair and Professor of the Department of Obstetrics and Gynaecology at the David Geffen School of Medicine, UCLA; and Dr. Firuza Parikh, Director of Reproductive Gynaecology at Zulekha Hospital, Sharjah were among the specialists who chaired the symposium.

Discussing recent advances in hormone modulation, **Dr Firuza Parikh** said: "Hormone imbalance can wreak havoc causing infertility, ovulation, menstrual and cosmetic problems. Amongst women who are above 40 years, such conditions can also lead to cardiovascular illnesses and osteoporosis. Hormone therapy, combined with lifestyle and diet modifications can control some of the problems associated with the disorder."

Highlighting distinct areas of hormonal modulation, specialists at the symposium elaborated on the symptoms associated with polycystic ovarian syndrome (PCOS), while suggesting preventative treatments for ovulation problems, infertility and cardiovascular risk that are commonly associated with the syndrome. The panel also addressed the paradox surrounding hormonal replacement therapy and heart diseases.

In his presentation, Dr. Gautam Chaudhuri said: "Studies have shown that hormone replacement therapy for menopausal women protects them from heart disease. Some studies, especially the Women's Health Initiative Study conducted in the US, have shown that the timing of the treatment is extremely vital, and benefits can be gained only if the treatment is started at the onset of menopause."

However, it is paradoxical that while certain studies have shown hormone therapy to be protective, it is also proven to increase cardiovascular disease in other groups of women. Evidence was presented at the symposium to demonstrate the beneficial effects of oestrogen for preventing early changes in the blood vessels.

The symposium came as part of **Zulekha Healthcare Group's** concerted effort to deliver better care and usher in global standards in the UAE through bringing together top tier medical professionals and raising awareness on latest treatment procedures.

Notes and contacts

About Zulekha Healthcare Group

Zulekha Healthcare Group aims to be the most efficient, competent and courteous providers of comprehensive healthcare in the world. The group has healthcare facilities in Dubai, Sharjah and Dhaid. The group has evolved from a 30-bed facility to a 32 department multi-specialty healthcare landmark in a demonstration of progressive implementation.

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'Obesity, infertility linked'

BY MARIECAR JARA-PUYOD

HORMONAL IMBALANCE SYMPOSIUM

STAY slim and immediately seek the physician's advice once you have noticed some abnormalities in your body.

Three visiting obstetrician-gynaecologists and reproductive health experts stressed the importance of this simple but often-ignored advice to the media on Sunday, as they ended their Dubai symposium on hormonal imbalance and the recent advances that will correct this, specifically those which will prevent the harsh effects of polycystic ovary syndrome (PCOS) and menopause on women.

PCOS is the most common hormonal disorder among women of reproductive age of any nationality or race worldwide that can cause infertility.

It is correlated to being obese and diabetic, said Dr Alan Hersh De Cherney, chief of the Reproductive

Biology and Medicine Branch of the National Institute of Child Health and Human Development of the National Institutes of Health in Washington, US.

With De Cherney was infertility specialist Dr Firuza Parikh from India who said at the press conference the need to empower women regarding health care because she and other medical doctors have observed, "women have taken so much of their time looking after the well-being of their families that they generally forget about themselves (until it is already too late to remedy a deteriorating health.)"

"We want to empower the women (health-wise)," she said.

She later on told The Gulf Today there is a need for the government and all major hospitals in the

country to conduct studies on the prevalence of PCOS-afflicted women.

"There are very little studies available. But, the government and all major hospitals here should start a research on PCOS because I have observed and encountered women in their reproductive ages saying they want to have children but couldn't and would complain about getting stout and heavier. Let's say 10 pounds and getting obese," she said.

Saying that the number of her women patients complaining of infertility and obesity in the UAE is far much bigger than those in other parts of the world. She gave hope that infertility and having low glycerine index (low in starch and raw sugars) aside from the other ill-effects of PCOS such as irregular menstrual cycles

and excessive amounts of masculinising hormones (like having excessive hair growth) are "already treatable because medications for these are already very much available all over."

"That's why, as Dr De Cherney said, women must learn how to stay slim," she said.

De Cherney said "too much fat and more insulin is bad" for women because this affects the production of the sex hormone binding globulin which will most likely result in PCOS.

For Dr Gautam Chaudhuri, executive chairperson and professor at the Department of Obstetrics and Gynaecology at the David Geffen School of Medicine at UCLA, he said it is best to seek medical advice once abnormalities set in so that women will be properly guided on

what medications to take, especially when the signs and symptoms of menopause such as hot flashes are already felt.

Asked about how effective hormone replacement treatments (HRTs) are since this became a big issue some years back, Chaudhuri said: "That's why I am advising women to immediately seek the doctor's advice once they experience the signs and symptoms of menopause so that they could be given the correct medications."

He said the HRTs have been proven to be helpful especially when given at the right time—50 years old—or when menopause occurs because if these were taken by those beyond 60 years old, it may already be too late since it will be at that age when the risk for cardiovascular diseases is already high.

It is at that age bracket when the "blood vessels are already bad," he said.

Obesity a major cause of infertility among women

By our staff reporters

DUBAI — Obesity is a major cause for infertility among women in the country, say experts.

During a Press conference yesterday, Dr Firuza Parikh, Director of Reproductive Gynaecology at Zulekha Hospital, Sharjah, said that excessive hormones caused the Polycystic Ovaries Syndrome (PCOs) which leads to infertility, ovulation, menstrual and cosmetic problems.

"In women above 40 years, such conditions can also lead to cardiovascular illnesses and osteoporosis," she said.

"Obese women do not ovulate and, in fact, produce more of a male hormone (testosterone) which raises male patterns in the body such as balding on the head but more hair on the face and other parts of the body," she explained, adding that this could lead to difficulty in conceiving.

A combination of



lifestyle modifications, exercise, cutting down on foods with high sugar content and ovulation-inducing agents may help abate the condition, explained the doctor.

"Women in the country are leading a sedentary

lifestyle which they need to change immediately," added the expert.

Recent advances in hormonal modulation and its significant benefits to women of different age groups were highlighted at a symposium

hosted recently by Zulekha Healthcare Group.

More than 150 experts in gynaecology, infertility, urology, internal medicine and pathology attended the symposium.

In his presentation, Dr Gautam Chaudhuri said, "Studies have shown that hormone replacement therapy for menopausal women protects them from heart disease. Some studies, especially the Women's Health Initiative Study conducted in the United States, have shown that the timing of the treatment is extremely vital, and benefits can be gained only if the treatment is started at the onset of menopause."

However, it is paradoxical that while certain studies have shown hormone therapy to be protective, it is also proven to increase cardiovascular disease in other groups of women if the treatment is started in the later stages of menopause, said the doctor.

ഹോർമോൺ പ്രശ്നം: നേരത്തെ ചികിത്സിച്ചാൽ ഫലപ്രദം

ദുബായ്: സ്ത്രീകളിൽ ഹോർമോൺ വ്യതിയാനത്തെത്തുടർന്നുള്ള പ്രശ്നങ്ങൾ മുൻകൂട്ടി ചികിത്സ നടത്തിയാൽ മാത്രമേ ഫലമുണ്ടാകൂ എന്നു വിദഗ്ധർ. ഏറെ വൈകി ചികിത്സ നടത്തുന്നതുകൊണ്ട് ഫലമില്ലെന്നു മാത്രമല്ല, അപകടവുമാണ്, ഹോർമോൺ തകരാറുമായി ബന്ധപ്പെട്ടു സുലേഖ ഹോസ്പിറ്റൽ നടത്തിയ സിംപോസിയത്തിലാണ് നിരീക്ഷണങ്ങളുയർന്നത്.

അമിത വിയർപ്പ് മുതൽ, ആർത്തവ വിരാമത്തെത്തുടർന്നുണ്ടാകുന്ന ശാരീരിക മാറ്റങ്ങൾക്ക് വരെ ഹോർമോൺ തെറ്റി ഫലപ്രദമാണെന്ന് കാലിഫോർണിയ യൂണിവേഴ്സിറ്റിയിലെ ഡോ. ഗൗതം

ചൗധരി പറഞ്ഞു. തുടക്കത്തിലേ ചികിത്സിച്ചാൽ മറ്റു രോഗങ്ങൾ തടയാനാകും. ഹോർമോൺ തകരാർ വന്ധ്യതയ്ക്കും സൗന്ദര്യനഷ്ടത്തിനും എല്ലു തേയ്മാനത്തിനുമെല്ലാം കാരണമാകും. നാൽപ്പതു വയസിനു മുകളിലുള്ള സ്ത്രീകൾക്കൊക്കെങ്കിൽ ഹൃദയരോഗങ്ങൾക്കും കാരണമാകുമെന്ന് ഷാർജ സുലേഖ ഹോസ്പിറ്റലിലെ ഡോ. ഫിറൂസ് പാരിഖ് ചൂണ്ടിക്കാട്ടി. ഹോർമോൺ തെറ്റിയിലൂടെയും ഭക്ഷണക്രമീകരണത്തിലൂടെയും ഇതു നിയന്ത്രിക്കാനാകും. വാഷിങ്ടണിൽ നിന്നുള്ള ഡോ. അൽൻ ഡിച്ചേണിയും നേതൃത്വം നൽകി. നൂറുപത്തോളം ഡോക്ടർമാർ പങ്കെടുത്തു.