

Awarding achievers in gynaecology and obstetrics



The editorial board

The Indian Obstetrics and Gynaecology (IOG) Dr Stya Paul Awards 2015 were recently organized by the Apeejay Stya & Svrn Group at the Apeejay Campus in Sheikh Sarai. The awards, which have been instituted to recognize the body of academic and scientific quest in the domain of gynaecology and obstetrics, saw several doctors and dignitaries from across the country in attendance.

Commemorating the legacy of Dr Stya Paul, a lecture by Professor Ian Fraser was also organised on current trends in the medical management of endometriosis. Approximately 26 million Indian women between the ages of 18 and 35 are afflicted by this disease and endometriosis affects the fertility of about 50% women. This disease affects one in 10 women of childbearing age. Despite its increasing prevalence, it's not discussed as much as it should be in clinical meetings and research summits. No adequate cure for endometriosis is available and most of the treatments only relieve the symptoms. Surgery can result in



The winners of the IOG Dr Stya Paul Awards 2015

non-reversible damage to ovaries and decrease fertility.

Fraser said, "There is a need for therapeutic approaches in the management of endometriosis. Exciting novel approaches

, including progestogens, are being evaluated and will soon be available to the medical fraternity."

A luminary in the field of gynaecology, Fraser shared his expertise and views about the current trends in the medical management of endometriosis and how they hope to help patients better. Referring to it as the "enigmatic disease", he explained that the disease remains a mystery despite of a lot of research in the West. Speaking about the treatment of this "extraordinarily variable condition", he added, "Individualisation of management and sometimes observation along with other treatments like effective analgesia can help."

The awards were initiated by the daughter and only child of Dr Stya Paul, Sushma Paul Berlia, co-promoter and president, Apeejay Stya & Svrn Group; president, Apeejay Education Society; co-founder and chancellor, Apeejay Stya University and her husband, Vijay Berlia, chairman, Svrn Group.