

Q & A Gynaecology



Dr Vimee Bindra
Consultant Gynaecologist
Apollo Health City
Hyderabad

Q I am 55 years old and continue to have my periods regularly. I will be travelling overseas for a period of seven weeks for an activity filled holiday. A doctor has prescribed Primolut N for the entire holiday. Is it safe to consume every day for seven weeks? I've read that the medicine is for regulating the menstrual cycle, will it stop it too?

Primolut N is a progesterone and is usually prescribed to postpone or prepone periods and also to control bleeding and for the regularization of cycles. As soon as you stop the tablet, within five to ten days, you will get your periods. You can take it and once you stop, you will get the withdrawal bleeding.

Q I'm 25 years old and suffer from irregular periods. All the doctors I had consulted, have asked me to lose weight as a solution to PCOS but I've been unable to do so. Is there an alternate solution to ensure

regularity of my periods without beating myself up for weight loss?

PCOS is a hormonal disorder and usually associated with weight gain. The first and foremost treatment for PCOS is diet and weight loss, so you cannot get away with this. Even if you don't lose weight, you should do exercise as it helps reducing the insulin resistance which is the basic patho-physiology behind this disorder.

Q I'm a 41-year-old woman suffering from heavy and extremely painful periods. My doctor said that my uterus is too big for ablation. I have undergone a D&C procedure and no fibroids were seen. What should be my next move? Do I need a hysterectomy?

Women in the perimenopause age group do suffer from bleeding problems and there are some conservative treatments available whereby the uterus can be saved. The first line of treatment is medication, if it is not working for you, then an endometrial ablation or an IUS such as Mirena can be inserted, it is a hormonal device and works for five years. Discuss with your doctor to try for Mirena if possible, before going for hysterectomy.

Q I had sex for the first time on the day after my periods finished and it was a very painful experience. I would like to know why it was so hard for me, whereas people describe it as enjoyable. Do I need to get a check-up done?

First time intercourse is painful for a majority of women, as the vagina is little narrow. With time, it widens as

the vagina has good elasticity. But it's always good to see a doctor, so as to rule out any other problem.

Q I have suffered two strokes at the age of 34. I would like to know what else I could use apart from condoms or abstaining. I have never taken the pill. Is it supposed to decrease the chances of stroke? Please help.

OCP or oral contraceptive pill is usually associated with increased risk of stroke because of various metabolic changes caused by the oestrogen component, so you should not take it. There is another pill which has only called progestogen-only pill (POP). This can be taken, but again, with caution due to the associated cardiovascular disease. Another option is, IUCD if you already have one child. The barrier method and IUCD is the best option for you.

Q I am 26 years old and I have a history of PCOD. Though the cysts are not there anymore, I still experience irregular periods. Please help me.

PCOD is the most common hormonal disorder in women of reproductive age. Most commonly it is associated with irregular cycles. There are few criteria for diagnosing PCOD by ultrasound, blood tests and clinical picture. Not having fluid filled cysts on ultrasound does not exclude PCOD. Your doctor would advise a few blood tests before your treatment can be started. Treatment for PCOD is symptom-based but diet and exercise is the mainstay for controlling symptoms of PCOD.

Ask your queries at
bpositiveQA@apollolife.com