

Q & A Gynaecology



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Q I have just been diagnosed with PCOD. What should I do to control it?

PCOD or PCOS is a hormonal disorder which is increasing nowadays because of changing lifestyle and diet habits. In PCOD, young girls suffer from irregular periods, acne, increased hair growth, infertility and weight gain. The basic treatment for PCOD is diet and exercise. Your weight should be optimal for your height and your diet should be proper and consist of a few carbohydrates. You should avoid eating sugar-rich foods and switch over to foods with a low glycemic index.

Q My daughter has just started getting her periods. What advice should I give her to make it easy for her?

Your daughter will be going through a lot of changes during puberty. One of these changes are menstrual cycles. These changes that happen in a girl's body can sometimes be confusing, embarrassing and also scary. That is

why, talking to your daughter about these bodily changes and menstrual cycles are very important and discussion about these things can be a tricky conversation.

Your daughter needs to know why periods happen, how important they are, how much bleeding happens and for how long, what to do if she gets them when she is away from home, how to handle pads and tampons, their disposal and how frequently to change them. You should also talk to her about periods and assure her that it is not embarrassing to have them. Knowing these things will alleviate her anxiety levels and help her cope with them in a better way.

Q I want to start using tampons. How safe are they?

Tampons are absolutely safe but they must be changed every six to eight hours. The only disadvantage of a tampon is that if you keep it for a longer time there are chances of developing toxic shock syndrome (TTS) but it is unlikely to cause any problems if proper hygiene is maintained.

Q How can I keep a record of my fertility cycle?

The best way to track your fertility cycles is by marking your calendar on the first day of the start of your cycle. If you know your first day of your last menstruation you will never be looking clueless when your gynaecologist asks about your menstrual calendar. From LMP you can track your cycles for ovulation. There are many apps on an android phone and iphone which can help you effectively track your cycle. Some apps like fertility friend, imensies and lady timer even send you reminders to keep track of your cycles.

Q I suffer from severe stomach ache and back ache during my periods. The pain starts before the period starts and only stops when my periods get over. Painkillers don't seem to be working at all. Is there any solution for this?

Firstly, I need to know the cause of your pain because treatment will vary depending on if it is primary or secondary (secondary to some disease) dysmenorrhoea. Most likely, diagnosis of it is not primary. You should get an ultrasound of your pelvic organs done. This seems to be a case of endometriosis in which the pain is very severe during long periods. It may result in cyst formation in the ovaries which may need laparoscopic removal for pain relief followed by hormonal medications to keep this disease suppressed. Treatment for cysts also depends on your age and reproductive requirements.

Ask your queries at
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