

Q & A Gynaecology



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Q I am a 27-year-old girl and suffer from irregular painful periods. Is my condition due to PCOS or endometriosis? I'll be getting married in six months and don't want to have issues post marriage. Please help.

PCOS is a hormonal disorder which causes weight gain, hirsutism (excessive hair growth), acne, irregular periods and infertility and endometriosis is usually responsible for painful periods. However, these two rarely coexist. It is difficult to know just with one symptom, whether you have PCOS or endometriosis. It's advisable to meet your gynaecologist and get an ultrasound done for your pelvic organs for a clear picture of your condition.

Q I am 24 years old and newly married. I want to know if barrier protection is ideal or contraceptive pills. I do not want to use anything lest, it hampers my future pregnancy. Please advise.

Any contraceptive method if used

consistently and properly has very low failure rates. Newly married couples are given a choice amongst barriers (condoms), oral contraceptive pills or a vaginal ring which works the same as OCPs. The oral contraceptive pills are very effective but should be avoided in certain medical conditions such as progressive migraine, diabetes, heart disease and history of thrombosis. However, once OCP is stopped there is immediate return of fertility. You should meet your gynaecologist and depending on your medical fitness, you should settle for an informed choice.

Q I am 31 years old. I recently suffered a miscarriage and would like to know how much time it normally takes to conceive again. I'm desperate for a child. Please help.

As you had a recent miscarriage, get a basic check up done by a gynaecologist and also some basic tests should be done for you before you try to get pregnant again. Start on pre-natal vitamins. With regard to the time it takes to get pregnant, I'll share the percentage of couples who have conceived after trying for a year - If 100 couples try for pregnancy consistently for one year, 85 may conceive. But it's a probability and difficult for anybody to pinpoint after how many attempts you will conceive as you may just conceive in the very first month as well.

Q My teenage daughter has just been diagnosed with a yeast infection. Please suggest the best way to take care of this condition.

Yeast infection is very common among girls and it can totally be prevented

even though it has high recurrence rates. All women should follow the below mentioned important advice so as to prevent yeast infection:

- ◆ Keep the private area dry, as moisture is like a culture medium for yeast growth.
- ◆ Do not use antiseptics, scented powders and douches in the private parts, as it destroys the good protective bacteria from the vulva and vagina.
- ◆ Use cotton underclothes and not synthetic ones.
- ◆ Avoid wearing tight fittings pants to keep the area dry and airy.
- ◆ Change wet underclothes as early as possible, after workouts, outdoor games and swimming.
- ◆ Sugar intake should be controlled in case of diabetes.

Q I am a 39-year-old married woman. I have a six-year-old healthy daughter born via C-section. I'm trying to get pregnant again. Please help.

You should definitely meet your doctor for counselling regarding chances of getting pregnant at 39 years and also how to detect and take measures at the earliest for some of the chromosomal anomalies which may happen with an advanced age pregnancy. Women have an ovarian reserve which declines with age and it can be tested by few tests available such as AMH and antral follicle count. You should also start prenatal vitamins to prevent neural tube defects which also increases with age.

Ask your queries at
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