

Editorial

Greetings!!

Scientifically, this issue deals with the use of misoprostal for analgesia for gynecological procedures, impact of thyroid dysfunction on pregnancy outcome and prevalence of low backache in working reproductive aged women and how abnormal uterine bleeding affects quality of life.

How to approach abnormal uterine bleeding is a many times a challenge for the practitioners. Regardless of patient age, progestin therapy with the levonorgestrel intrauterine device should be considered. Combination of estrogen and progesterone contraceptive pill also provide effective treatment.

Low-dose combination hormonal contraceptive therapy (20-35 µg ethinyl estradiol) is the mainstay of treatment for adolescents up to age 18 years. Either low-dose combination hormonal contraceptive treatment or progestin therapy is generally effective in women aged 19 to 39 years, high-dose estrogen therapy may benefit patients with an extremely heavy menstrual flow or hemodynamic instability.

For women aged 40 years or older, treatment by cyclic progestin therapy, low-dose oral contraceptive pills, the levonorgestrel intrauterine device or cyclic hormone therapy can be given.

If medical therapy fails, patients should undergo further testing (e.g. imaging or hysteroscopy).

An in-office endometrial biopsy is preferable to dilation and curettage (D&C), when looking for endometrial hyperplasia or cancer. If medical therapy fails in a woman in whom family is complete, hysterectomy without cervical preservation is the choice.

As we are committed to improving maternal health in South Asia, issues on reducing maternal mortality by reducing obstetric hemorrhage have been focused. We invite all SAFOG member countries to promote and submit their valuable research in their esteemed journal of SAFOG.

The 10th SAFOG congress is scheduled in Kathmandu, Nepal, and will focus on looking beyond MD44&5 in South Asia.

We are aware that South Asia has not been able to archive these goals and the target has been reset.

We hope this congress will deliberate issues which will improve women's health in SAFOG.

I will also be finishing my tenure as editor for this journal and hope the new team grand success to take the journal to greater heights.

I have enjoyed working as editor and have special thanks to the editorial team of Dr Randhir Puri, Dr Rubina Sohail, Dr Ruchika Garg and journal secretary Dr Jaideep Malhotra.

A very happy new year Vikram Samvat 2072 to one and all.

Happy Reading!

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