

Obstetrics | Gynaecology

1. Obstetrics (Pregnancy and Childbirth Care)

Prenatal Care

- **Routine Antenatal Checkups:**
 - Monitoring fetal growth and maternal health.
- **Ultrasound Scans:**
 - Early pregnancy scans, anomaly scans, and growth scans.
- **Screening Tests:**
 - Blood tests, glucose tolerance tests, and genetic screening for chromosomal abnormalities (e.g., Down syndrome).
- **High-Risk Pregnancy Management:**
 - For conditions like gestational diabetes, preeclampsia, or placenta previa.

Labor and Delivery

- **Normal Vaginal Delivery (NVD):**
 - Assisted by episiotomy or forceps if needed.
- **Cesarean Section (C-Section):**
 - Surgical delivery of the baby.
- **Induction of Labor:**
 - Using medications or mechanical methods for delayed or complicated pregnancies.
- **Pain Relief in Labor:**
 - Epidural anesthesia, nitrous oxide, or other options.

Postnatal Care

- **Postpartum Recovery:**
 - Managing post-delivery bleeding, breastfeeding support, and wound care.
- **Postpartum Depression Management:**
 - Psychological counseling and medication if needed.

2. Gynecology (Female Reproductive Health)

Menstrual Disorders

- **Dysmenorrhea (Painful Periods):**

- Medications (NSAIDs, hormonal therapy) or surgery (e.g., laparoscopic treatment for endometriosis).
- **Menorrhagia (Heavy Bleeding):**
 - Hormonal treatments, endometrial ablation, or surgical options.
- **Amenorrhea (Absence of Periods):**
 - Diagnosis and treatment for hormonal imbalances or structural abnormalities.

Fertility and Reproductive Health

- **Infertility Treatments:**
 - Ovulation induction (e.g., Clomiphene), intrauterine insemination (IUI), or in vitro fertilization (IVF).
- **Polycystic Ovary Syndrome (PCOS):**
 - Lifestyle modifications, medications like Metformin, and hormonal therapy.
- **Reproductive Surgery:**
 - Tubal ligation reversal, removal of fibroids, or treatment of uterine anomalies.

Contraception and Family Planning

- **Birth Control Methods:**
 - Oral contraceptive pills, IUDs (e.g., Copper-T, Mirena), or implants.
- **Permanent Sterilization:**
 - Tubal ligation.
- **Emergency Contraception:**
 - Pills or IUDs after unprotected intercourse.

Gynecological Infections

- **Pelvic Inflammatory Disease (PID):**
 - Antibiotic therapy.
- **Sexually Transmitted Infections (STIs):**
 - Diagnosis and treatment for conditions like chlamydia, gonorrhea, or HPV.

Uterine and Ovarian Disorders

- **Fibroid Treatment:**
 - Medical management, uterine artery embolization, or myomectomy.
- **Endometriosis:**
 - Hormonal therapy, laparoscopic surgery, or excision of lesions.
- **Ovarian Cysts:**

- Observation, hormonal therapy, or surgical removal.

Menopause Management

- **Hormone Replacement Therapy (HRT):**
 - For managing menopausal symptoms like hot flashes or osteoporosis.
- **Non-Hormonal Treatments:**
 - Medications for vaginal dryness and mood swings.

3. Gynecological Oncology

- **Cervical Cancer:**
 - Pap smears for screening, HPV vaccination, and surgical procedures like colposcopy or hysterectomy.
- **Ovarian Cancer:**
 - Surgery, chemotherapy, or targeted therapy.
- **Uterine and Endometrial Cancer:**
 - Hysterectomy, radiation, and hormone therapy.
- **Breast Cancer Screening:**
 - Mammograms, clinical breast exams, and genetic counseling for BRCA mutations.

4. Urogynecology (Pelvic Floor Disorders)

- **Urinary Incontinence:**
 - Pelvic floor exercises, medications, or surgical repair.
- **Pelvic Organ Prolapse:**
 - Pessary insertion or reconstructive surgery.
- **Chronic Pelvic Pain:**
 - Multidisciplinary management including physical therapy and pain management.

5. Minimally Invasive and Robotic Surgery

- **Hysteroscopy:**
 - For diagnosing and treating uterine abnormalities like polyps or adhesions.
- **Laparoscopy:**
 - For conditions like ovarian cysts, fibroids, or ectopic pregnancies.

- **Robotic-Assisted Surgeries:**
 - Advanced surgeries with precision and faster recovery.

6. Emergency Gynecological Care

- **Ectopic Pregnancy:**
 - Medical management with Methotrexate or surgical intervention.
- **Miscarriage Management:**
 - Medical or surgical management (e.g., dilation and curettage).
- **Post-Abortion Care:**
 - Complication management and counseling.

7. Cosmetic and Reconstructive Procedures

- **Vaginal Rejuvenation:**
 - Laser or surgical treatments for vaginal tightening.
- **Labiaplasty:**
 - Cosmetic surgery for labial reduction or reconstruction.
- **Breast Surgeries:**
 - Augmentation, reduction, or reconstruction post-mastectomy.

8. Advanced Maternal-Fetal Medicine

- **Fetal Monitoring:**
 - Non-stress tests (NST), Doppler studies for fetal well-being.
- **Fetal Interventions:**
 - Intrauterine blood transfusions or corrective surgeries for fetal abnormalities.
- **Preterm Labor Management:**
 - Tocolytics, corticosteroids, or cerclage placement.