

CME – Conquering Asthma and Stress Urinary Incontinence :  
A Guide for Obstetrics and Gynaecologists.

The departments of obstetrics and gynaecology, pathology and urology collaborated to provide a comprehensive educational experience for attendees and conducted a CME at Narayana medical college on 24<sup>th</sup> February 2023. It's important to stay informed about health issues such as , asthma in pregnancy and stress urinary incontinence to provide the best possible care.

Dr. Prasanna Purna, M.D, professor and head of the department of respiratory medicine, spoke about the myths and treatment of asthma in pregnancy. As asthma is a chronic condition that can affect women of childbearing age, it's essential to understand the myths surrounding asthma in pregnancy and how to manage the condition.

It's important to note that pregnancy does not cause asthma, but changes in hormones and the body during pregnancy can affect asthma symptoms. Treating asthma during pregnancy can help reduce risk of complications for both the mother and the baby. Continuing medication during pregnancy is essential for women with asthma, and it's important to educate them about the importance of following their treatment

plan. This type of collaboration and education can help reduce complications and improve outcomes for pregnant women with asthma.

During the CME, Dr. Lakshmi Ramesh, M.S, Mch, a senior consultant urologist, provides a simplified explanation of stress urinary incontinence, including how to diagnose and select an appropriate treatment plan. Stress urinary incontinence is a prevalent issue that affects women's daily lives and can cause social barriers, so it's a crucial topic for every gynaecologist to be knowledgeable about. By understanding the concept, we can provide better care to the patients and improve their quality of life.

Overall, the session proved to be extremely useful to both the attendees and the consultants, as they were able to exchange ideas and gain new perspectives on the topic at hand.









