# Contents

**1. Normal and Abnormal Puberty ..... 1**
*Chandra Mansukhani, Rashmi Nigam, Divya, Pallavi Sharma*

**Puberty *1***
- Mechanism *1*
- Factors Determining Onset of Puberty *1*
- Endocrinology in Puberty *2*
- Thelarche and Adrenarche *4*
- Changes in Genital Organs *4*
- Delayed Puberty or Interrupted Puberty *6*
- Precocious Puberty *9*

**2. Menopause: Physiology and Symptomatology ..... 15**
*Mala Srivastava, Mamta Dagar*
- Premature Ovarian Failure *15*
- Physiology *15*
- Lipids and Lipoproteins *17*
- Central Nervous System *17*
- Prediction of Menopause *18*
- Evaluation of the Women *18*
- Sequelae of Ovarian Failure *20*

**3. Vaginal Discharge: Normal and Abnormal ..... 24**
*Mala Srivastava*
- Normal Vaginal Discharge *24*
- Natural Defense Mechanism of Vagina *25*
- Flora Normally Present in Vagina *25*
- Organisms Normally Present in the Vagina *25*
- Causes of Vaginal Discharge *26*
- Abnormal Vaginal Discharge *26*
- Bacterial Vaginosis *28*
- Fungal Infection *30*
- Trichomoniasis *31*
- *Neisseria Gonorrhoeae* *32*
- Chlamydiasis *33*
- Summary of Characteristics of Common Vaginal Infections *33*

**4. Abnormal Uterine Bleeding ..... 35**
*Chandra Mansukhani, Anurag Vashista, Rashmi Nigam*
- Incidence *35*

- Etiology *35*
- Approach to Abnormal Uterine Bleeding *36*

**5. Dysmenorrhea ..... 49**
*Punita Bhardwaj*
- Prevalence *49*
- Types *49*
- Etiology *50*
- Symptoms *54*
- Diagnosis *55*
- Treatment *56*

**6. Chronic Pelvic Pain ..... 58**
*Shweta Mittal Gupta*
- History *58*
- Causes of Chronic Pelvic Pain *59*
- Physical Examination *60*
- Diagnostic Test *62*
- Management *63*

**7. Urinary Problems in Women: Hush No More ..... 67**
*Geeta Mediratta*
- Urinary Incontinence *67*
- Types of Disorders *67*
- Risk Factors for Urinary Incontinence *69*
- Approach to Patient with Incontinence *69*
- Nonsurgical Treatment *72*
- Surgical Treatment for Stress Incontinence *74*
- Surgical Treatment for Detrusor Overactivity *75*
- Surgical Treatment of Fistula *75*
- Voiding Dysfunction *76*
- Bladder Pain Syndromes *77*

**8. Fibroids: A Close Insight ..... 80**
*Kanwal Gujral, Pramod Yerne, Anurag Vashista*
- Risk Factors *80*
- Signs and Symptoms *80*
- Classification *81*
- Diagnosis *81*
- Management of Fibroids *82*

**9. When to Intervene in a Case of Ovarian Cyst? ..... 90**
*Kanika Jain, Kanika Chopra*
- Functional Ovarian Cysts *90*
- Benign Ovarian Neoplasm *91*

- Malignant Ovarian Neoplasm *93*
- Approach to the Patient with Ovarian Cyst *94*

**10. Pelvic Inflammatory Disease ..... 99**
*Kanwal Gujral*
- Risk Factors for Pelvic Inflammatory Disease *99*
- Acute Pelvic Inflammatory Disease *99*

**11. The Enigma of Polycystic Ovarian Syndrome ..... 107**
*Ruma Satwik*
- Definition and Diagnosis *107*
- Criteria in Adolescence *108*
- Management *114*

**12. Management of an Infertile Couple..... 124**
*Abha Majumdar, Neeti Tiwari*
- Evaluation of Female Partner *124*
- Evaluation of Male Partner *130*
- Treatment of Specific Disorders *133*
- Unexplained Infertility *139*

**13. Contraception: Making the Right Choices..... 141**
*Mamta Dagar*
- Contraceptive Choices and Efficacy *141*

**14. Medical Abortion: What a General Practitioner Should Know?.... 156**
*Sharmistha Garg*
- Clinical Care of the Women Undergoing Abortions *161*
- Medical Methods of Abortion—Adapted from World Health Organization Safe Abortion Guidelines 2012 *162*
- Complications of Abortions *163*

**15. Breast Cancer Surveillance ..... 165**
*Debasis Dutta, Kanika Chopra*
- Breast Anatomy *165*
- Patients History and Physical Examination *165*
- Types of Lesions in Breast *167*
- Breast Cancer *167*

**16. Screening of Gynecological Cancers..... 174**
*Indrani Ganguli*
- Cervical Cancer *175*
- Breast Cancer *177*
- Ovarian Cancer *180*
- Endometrial Cancer *183*

- Vulvar Cancer *184*
- Vaginal Cancer *184*

**17. Bleeding after Menopause ..... 186**
*Harsha Khullar*
- Causes of Bleeding *186*
- Management of Patients with Postmenopausal Bleeding *189*

**18. Hormone Replacement Therapy in Menopause ..... 193**
*Indrani Ganguli*
- Myth of Menopause *193*
- Ancient India *194*
- Crisis of Menopausal Hormone Therapy *194*
- MHT and Urogynecology *197*
- Breast Cancer and MHT *197*
- MHT and Ovarian Cancer *198*
- Rationality of Low-dose MHT *198*
- Estrogen Replacement Therapy Newer Developments *200*
- Individualizing MHT *202*

**19. Ovarian Cancer ..... 204**
*Harsha Khullar*
- Incidence *204*
- Classification *204*
- High Risk Factors *205*
- Epithelial Ovarian Tumor *205*
- Current Recommendations for Women at High Risk of Ovarian Cancer *206*
- Management *207*
- Follow-up after Treatment *207*
- Nonepithelial Ovarian Cancer *207*
- Management of Malignant Germ Cell Neoplasm *208*

**20. Cervical Cancer ..... 209**
*Mala Srivastava*
- Epidemiology of Cancer Cervix *209*
- Mechanism of Carcinogens *209*
- Local Examination *210*
- Features of Carcinoma Cervix on Colposcopy *210*
- International Federation of Gynecology and Obstetrics (FIGO) Staging of Cancer of the Cervix Uteri (November 2018) *210*
- FIGO Staging of Carcinoma of the Cervix Uteri (2008) *211*
- Types of Cancer Cervix *212*
- Management of Invasive Cancer of the Cervix *213*

**21. Cancer of Endometrium ..... 221**
*Mamta Dagar*
- Epidemiology *221*
- Histopathology *221*
- Risk Factors *222*
- Staging and Treatment *222*
- Pattern of Recurrence *225*
- Follow-up Care *227*
- Prognosis *227*

**22. Management of Breast Cancer: An Overview ..... 230**
*Rakesh Kumar Koul*
- Symptoms *230*
- Evaluation of Breast Malignancy *230*
- Histology *231*
- Further Clinical Staging *232*
- Breast Cancer Staging *233*
- Molecular Profiling Assays *237*
- Management of Preinvasive Breast Tumors (Stage 0) *238*
- Treatment of Early Stage Invasive Breast Cancer *239*
- Locally Advanced Breast Cancers *244*
- Inflammatory Breast Cancer *244*
- Principles of Preoperative Systemic Therapy *244*
- Breast Reconstruction Following Surgery *245*
- Metastatic/Recurrent Breast Cancer *246*
- Fertility and Birth Control *248*

*Index ..... 251*