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New trend in endometriosis treatment

Endometriosis is common disease affect at least 10 % reproductive-age women according to different symptoms. It is defined as endometrial tissue outside the endometrium and myometrium such as superficial pelvic endometriosis, ovarian endometrioma, and deep infiltrative endometriosis. The diagnosis of endometriosis is primary through laparoscopic surgical visualization of lesion. Common symptoms caused by endometriosis like dysmenorrhea, chronic pelvic pain and infertility are not so specific that makes diagnosis of endometriosis usually delayed. It not only also cause somatic discomfort but also psychosocial impairment of women. Current strategy of managing endometriosis emphasize on treating it as a chronic disease required a life-long treatment plan with maximize medication using, delaying surgical intervention, avoiding repetitive surgery. The choices of medication including NSAID, progestin, COCs, GnRH agonist, GnRH antagonist etc. However, medical therapy only suppress the disease not cure it, thus surgical treatment is still options to those who' s symptoms is refractory to medications. In this talk, I will review the diagnosis, staging, and treatment strategy of endometriosis and share our data about medication treatment compliance.

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Balanced scorecard guided physical training for health improvements in middle-aged women

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Physical inactivity (sedentary behavior) is a risk factor for shortened life expectancy. Appropriate physical activities are significantly associated with lower rates of various chronic diseases. A lifestyle with regular physical activity is associated with good sleep quality, reduced anxiety, and relatively normal blood pressure. It is also helpful in cancer prevention, cognition health promotion, and improving the health of various tissues and organs such as brain, heart, and bone. cancer prevention, cognition health promotion

Physical activities may include aerobic exercise of various intensity, bone-muscle strengthening activity, household chores, occupational activity, and transport activity. The WHO Guidelines on physical activity and sedentary behavior provide evidence-based public health recommendations for different ages on the amount of physical activity (PA) required to offer significant health benefits and mitigate risks.

Physicians need to make "exercise" as part of medical treatment and provide suggestions to patients with special emphasis on aerobic training, muscle intensity training, and resistance training. This is particularly relevant to Ob-Gyn doctors as they see a lot of women with obesity, metabolic syndrome, poor sleep, osteoporosis, or sarcopenia. Using some management tools such as a balanced scorecard to evaluate patient satisfaction and learning outcome, physicians can help patients improve and maintain their wellness through adequate physical activities.

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手術止血藥物的使用

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Bleeding is one of the suffering event for patients and surgeons. So, effective management of bleeding is a critical issue for patient safety and care. With the advancement of science, there are new instruments such as bipolar electrocautery and vessel sealing device developed to facilitate the surgical procedure. In addition, there are some hemostatic agents released to help decreasing bleeding during surgery. Hemostatic agents includes three categories: (1) caustic, (2) physical, and (3) biologic agents. Topical hemostatic agents could be used during surgery to help controlling bleeding at the vulnerable tissues which not handled by suture or hemostatic instrument. Here, we will introduce their mechanisms of action and the use of these agents.