



KOGS NEWSLETTER

Official Newsletter of Kenya Obstetrical and Gynaecological Society

KOGS is a leading advocate for women’s sexual and reproductive health and rights in Kenya. As part of its mission to ensure that everyone has access to high-quality healthcare, KOGS has been actively involved in the process to safeguard women’s rights. The organization recognizes that access to sexual and reproductive health care is a fundamental human right and is committed to promoting policies and programs that advance women’s health and well-being. Despite the progress made, KOGS remains steadfast in its goal of ensuring that every person in Kenya has access to quality sexual and reproductive health care.



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KOGS proudly congratulates our newest Gynaecologic Oncologists on this remarkable achievement. Your dedication, expertise, and commitment to advancing women's health in Kenya are truly inspiring.

PRESIDENT'S TAKE



Dear KOGS Community,

As we conclude the third quarter of 2024, I am filled with immense pride as we reflect on the accomplishments of the Kenya Obstetrical and Gynaecological Society (KOGS) during this period. From insightful CMEs to dynamic digital campaigns, we continue to drive meaningful change in women's health across Kenya.

One of the key highlights of this quarter has been our efforts in raising awareness about Postpartum Hemorrhage (PPH), one of the leading causes of maternal mortality. September marked PPH Awareness Month, and I want to express my gratitude to everyone who contributed to our advocacy efforts. However, our work does not stop here.

As we move into October, I urge each of you to rally behind the upcoming END PPH Run, taking place on Sunday, 6th October 2024 from 8 AM at the Ulinzi Sports Ground. This is not just a run—it's a statement of solidarity with mothers across Kenya who face the very real threat of PPH. We need to act, and this event offers all of us a tangible way to make a difference.

Whether you can join physically or participate virtually, I encourage you to register today at <https://endpph.com/pph-run-register> and use the hashtag **#RUNFORHER** to spread the word. The more voices we unite, the greater our impact.

Additionally, I want to congratulate our new Gynaecologic Oncologists, as well as thank our partners for their continued collaboration in advancing the field of Obstetrics and Gynaecology. Together, we are improving the quality of care and making a lasting impact on women's health in Kenya.

As always, your dedication and participation in our activities make all the difference. Let us continue this momentum into the final quarter of the year with enthusiasm and a shared vision for better health outcomes for women.

Warm Regards,

KOGS PRESIDENT
Dr. Kireki Omanwa



◆ UPCOMING EVENTS ◆



END POST-PARTUM HAEMORRHAGE RUN

VENUE: ULINZI SPORTS COMPLEX - LANGATA

TIME: FROM 8AM

OCT
06

MENOPAUSE AWARENESS CAMPAIGN

MODE: MAINSTREAM MEDIA & SOCIAL MEDIA

TIME: THROUGHOUT THE MONTH

OCT
2024

KOGS COAST BRANCH ANNUAL SYMPOSIUM

VENUE: MOMBASA COUNTY

FROM 18TH OCT & 19TH OCT 2024

OCT
2024

CONTINUOUS MEDICAL EDUCATION (CME'S)

MODE: VIRTUAL & PHYSICAL

DATES: OCT 17TH, OCT 24TH & OCT 31ST

OCT
2024

KOGS SPECIAL GENERAL MEETING

The Kenya Obstetrical and Gynaecological Society (KOGS) successfully hosted its Special General Meeting (SGM) on 19th July 2024 at Sarova Panafric Hotel. This hybrid event saw robust participation from members across the country, with about 50 attendees present physically and around 100 joining virtually. The meeting provided an opportunity for members to discuss key issues affecting the Society, review ongoing projects, and strategize for future initiatives. In keeping with KOGS' commitment to inclusivity, the hybrid format allowed for a wider reach and active participation from members who could not attend in person.



The lively discussions and insights shared during the SGM will continue to shape the Society's activities and programs in the coming months. KOGS remains dedicated to fostering collaboration among its members to advance women's health and promote excellence in obstetrical and gynaecological care in Kenya.



PPH RUN: RAISING AWARENESS AND TAKING ACTION

RUN FOR HER!
Together against the number one killer of our new mums!

End Post Partum Haemorrhage.
Prevention of excessive bleeding after childbirth.
www.endpph.com

SUN. 06th OCT 2024
ULINZI SPORTS GROUNDS
ALONG LANGATA ROAD.

Early Detection and prompt treatment saves her life.

September marks Postpartum Hemorrhage (PPH) Awareness Month, a crucial time to focus on one of the leading causes of maternal morbidity and mortality in Kenya and around the world. Postpartum hemorrhage is defined as excessive bleeding after childbirth, a condition that can occur within 24 hours of delivery or up to several weeks postpartum. In Kenya, PPH accounts for a significant proportion of maternal deaths, with many cases being preventable through timely and effective medical intervention.

To address this alarming health concern, the Kenya Obstetrical and Gynaecological Society (KOGS) has been at the forefront of digital advocacy throughout September, raising awareness about PPH and promoting best practices for managing and preventing this life-threatening complication. Through its social media platforms, KOGS has engaged healthcare professionals, mothers, and the general public in meaningful conversations about the importance of education, awareness, and accessible healthcare services in the fight against PPH. As part of this advocacy, KOGS is thrilled to announce the END PPH Run, which will take place on Sunday, 6th October 2024 from 8 AM at the Ulinzi Sports Ground. This event aims to not only raise awareness but also gather support for ongoing efforts to reduce maternal mortality caused by postpartum hemorrhage.

The theme of the run, #IWILLRUNFORHER, highlights the solidarity and commitment to saving mothers' lives across the country. We invite all KOGS members, healthcare professionals, and the general public to participate in this impactful event. Register now to secure your spot: <https://endpph.com/pph-run-register> and show your support for mothers everywhere.

#IWILLRUNFORHER

World's First
POST PARTUM HAEMORRHAGE
Run

Let's turn awareness into action! Every life lost to PPH is a preventable tragedy.
PROF. OBIEMBO MOSES
POST PARTUM HAEMORRHAGE PROJECT LEAD

Ulinzi Sports Complex Lang'ata. | October 6th 2024, From 8AM | Race Distance: 10 Kilometres

SUPPORTED BY: UNIVERSITY OF NAIROBI, epph, Midwives Association of Kenya, KOGS

RUN FOR HER!
Together against the number one killer of our new mums!

Did YOU KNOW? **#IWILLRUNFORHER!** [register now](#)

Postpartum Haemorrhage (PPH) takes the life of one mother every hour in Kenya. This isn't just a statistic—it's a call for urgent action.

Join us for the World's First PPH Run and be part of the solution to end preventable maternal deaths.
#Run for her. #Run for life.

Ulinzi Sports Complex Lang'ata. | October 6th 2024, From 8AM | Race Distance: 10 Kilometres

SUPPORTED BY: UNIVERSITY OF NAIROBI, epph, Midwives Association of Kenya, KOGS

#IWILLRUNFORHER

World's First
POST PARTUM HAEMORRHAGE
Run

"Every step you take in the End PPH Run is a step towards saving a mother's life. Register now and run for her!"
FIGO PRESIDENT
PROF. KIHARA ANNE BEATRICE

Ulinzi Sports Complex Lang'ata. | October 6th 2024, From 8AM | Race Distance: 10 Kilometres

SUPPORTED BY: UNIVERSITY OF NAIROBI, epph, Midwives Association of Kenya, KOGS

The run is proudly supported by the University of Nairobi (UON), the Midwives Association of Kenya (MAK), and KOGS. Your participation will contribute to the ongoing fight against PPH, ensuring that more mothers survive childbirth and thrive in the years to come.

SEPTEMBER: GYNAECOLOGIC CANCERS AWARENESS MONTH

September is recognized globally as Gynaecologic Cancers Awareness Month, a time to spotlight cancers that affect the reproductive organs, including cervical, ovarian, uterine, vaginal, and vulvar cancers. In Kenya, gynaecologic cancers remain a significant health challenge, with cervical cancer being the leading cause of cancer-related deaths among women.

KNOW THE SIGNS: OVARIAN CANCER



- Only 15% of all ovarian cancer cases are detected at the earliest, most curable stage
- One in 71 women will develop ovarian cancer in her lifetime
- Ovarian cancer is the fifth leading cause of cancer death in women

Stages of Ovarian Cancer



Stage 1: The cancer is found in one or both ovaries. Cancer cells also may be found on the surface of the ovaries or in fluid collected from the abdomen.

Stage 2: The cancer has spread from one or both ovaries to other tissues in the pelvis, such as the fallopian tubes or uterus. Cancer cells may also be found in fluid collected from the abdomen.



Stage 3: The cancer has spread outside the pelvis or nearby lymph nodes. Most commonly the cancer spreads to the omentum (an apron of fatty tissue that hangs down from the colon and stomach), diaphragm, intestine, and the outside (surface) of the liver.

Stage 4: The cancer has spread to tissues outside the abdomen and pelvis. The most common place for the cancer to spread is in the space around the lungs. Additionally, if the cancer spreads inside the liver or spleen, it is considered stage IV.

Symptoms

- Bloating
- Urinary symptoms, urgency or frequency
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly

These symptoms are particularly concerning if they occur **almost daily for a few weeks or more**. If this happens to you, see a doctor, preferably a gynecologist, and specifically ask about the possibility of ovarian cancer as a cause of your symptoms.

If ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist.

Risk Factors

- Risk increases with age, especially around the time of menopause
- Family history of ovarian cancer, fallopian tube cancer, primary peritoneal cancer, or premenopausal breast cancer, or a personal history of premenopausal breast cancer
- Infertility and not bearing children are risk factors, while pregnancy and the use of birth control pills decrease risk
- Family history of both colon and endometrial cancers: any male family member with breast cancer

Risk Reduction

- Use of oral contraceptives
- Consider risk reducing surgery if genetic testing indicates very high risk
- Understand your risk and listen to your body for symptoms
- If ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist

WHAT IS VAGINAL CANCER?

Vaginal Cancer is a rare cancer that begins in the vagina, a muscular tube that is also called the birth canal.

Early Vaginal cancer may not cause any signs and symptoms. It may be found during a routine Pelvic Exam and Pap Test.

SIGNS & SYMPTOMS

- Unusual Vaginal Bleeding
- Watery Vaginal Discharge
- A lump or mass in your vagina
- Painful and/or frequent urination
- Constipation
- Pelvic Pain

#GYNAECOLOGICALCANCERAWARENESSMONTH

September is recognized globally as Gynaecologic Cancers Awareness Month, a time to spotlight cancers that affect the reproductive organs, including cervical, ovarian, uterine, vaginal, and vulvar cancers. In Kenya, gynaecologic cancers remain a significant health challenge, with cervical cancer being the leading cause of cancer-related deaths among women. KOGS encourages all women to prioritize their reproductive health by scheduling regular check-ups, understanding their risk factors, and spreading the word about the importance of early detection. Let's continue working together to reduce

burden of gynaecologic cancers in Kenya and ensure that every woman has the opportunity to lead a healthy, cancer-free life.

WHAT IS UTERINE CANCER?

When cancer starts in the uterus, it is called uterine cancer. It may also be referred to as the womb, and womb cancer.

A common type of uterine cancer is endometrial cancer which is when cells in the endometrium (the inner lining of the womb) proliferate

A much Rarer type of uterine cancer is uterine sarcoma, which forms in the muscles supporting tissues of the uterus.

#GYNAECOLOGICALCANCERAWARENESSMONTH

WHAT IS VAGINAL CANCER?

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SIGNS & SYMPTOMS

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- Pelvic Pain

#GYNAECOLOGICALCANCERAWARENESSMONTH


CONTINUOUS MEDICAL EDUCATION



KOGS PARTNERS WITH SISI PHARMACEUTICAL

On July 4th and Sept 12th, 2024, KOGS, in partnership with **SISI Pharmaceuticals**, hosted insightful webinar sessions on the Recent Advances in the Management of Male Sub-fertility, with a special focus on Oligoasthenoteratozoospermia (OAT). OAT, a common cause of male infertility characterized by low sperm count, poor motility, and abnormal morphology, has posed significant challenges in reproductive medicine.

KOGS remains committed to offering such educational platforms that foster knowledge-sharing and keep medical professionals updated on the latest advancements in reproductive health.



Dr. Joshua Matu
Speaker

Dr. Maureen Owiti
Moderator

CME: WEBINAR

RECENT ADVANCES IN MANAGEMENT OF MALE SUB-FERTILITY; FOCUS ON OAT



Date
4 July, 2024



Time
7:00 Pm - 8:00 Pm

REGISTER NOW

 @kogsociety  @kogsociety  @TheKOGSociety  @KOGS  @TheKOGSociety  @TheKOGSociety

CONTINUOUS MEDICAL EDUCATION



KOGS PARTNERS WITH SUN PHARMA

On 24th and 25th July 2024, KOGS, in partnership with **Sun Pharma**, successfully hosted the 7th Sun Pharma ACademic Event (SPACE) at the Sarova Panafric Hotel, Nairobi. This two-day physical CME brought together leading experts and healthcare professionals to discuss the latest developments in obstetrics, gynaecology, and women's health.

The event featured in-depth presentations, interactive discussions, and case studies that provided valuable insights into current practices and advancements in the field. Attendees had the opportunity to enhance their knowledge and skills, while networking with peers and industry leaders.

KOGS appreciates the continued support from Sun Pharma in promoting ongoing education for medical professionals and looks forward to future collaborations to advance the standard of care in Kenya.

The poster features the SiSi Pharmaceuticals logo at the top left and the KOGS logo at the top right. The central text reads 'CME: WEBINAR' followed by the title 'Recent Advances in Management of Male-Subfertility; Focus on OAT'. Below the title are two circular portraits: Dr. Samuel Kagiri, a male urologist, and Dr. Maureen Owiti, the moderator. At the bottom, the date is '12th THURSDAY SEPT 2024' and the time is '7:00 PM'. A 'REGISTER NOW' button and social media handles for KOGS are also present.

SiSi PHARMACEUTICALS

KENYA OBSTETRICAL AND GYNAECOLOGICAL SOCIETY

CME: WEBINAR

**Recent Advances
in Management of
Male-Subfertility;
Focus on OAT**

Dr. Samuel Kagiri MbChb, Mmed Urology.
Consultant urologist. Practicing in KNH Othaya.
Speaker

Dr. Maureen Owiti
Moderator

Date: **12th**
THURSDAY
SEPT 2024

Time: **7:00**
PM

REGISTER NOW

@kogssociety @kogssociety @TheKOGSociety @KOGS @TheKOGSociety @TheKOGSociety

KOGS PARTNERS WITH GETZ-PHARMA

On 1st August 2024, KOGS collaborated with **GETZ-PHARMA** to deliver an informative online CME on "The New and Fundamentals in the Management of Overactive Bladder". Overactive bladder (OAB) is a common condition affecting many women, often leading to a significant reduction in quality of life.

The session explored the latest advancements in the diagnosis and management of OAB, with a focus on emerging treatments and innovative approaches. Healthcare professionals from across the country participated virtually, engaging in interactive discussions on improving patient outcomes through evidence-based practices.

The New and Fundamentals in the Management of Overactive Bladder



Speaker

Dr. Bob Achila

Consultant Urogynaecologist at the Aga Khan University Hospital, Nairobi.



Moderator

Dr. Francis Githae Muriithi

MBChB (Nairobi), MMed O&G (Aga Khan), MSc EBHC (Oxford), MRCOG (UK).

Specialist in Obstetrics and Gynaecology. Sub-Specialty Training Fellow in Urogynaecology at Singleton & Gloucestershire Royal Hospitals, United Kingdom.



01st
AUGUST 2024



07:00
PM EAT

zoom

https://us02web.zoom.us/webinar/register/WN_npTixsqETJyl2PMtIHJrtg#/registration



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CONTINUOUS MEDICAL EDUCATION



KOGS PARTNERS WITH WALTER BUSHNELL

On 26th September 2024, KOGS, in collaboration with Walter Bushnell, conducted a highly engaging online CME focusing on two crucial topics in women's health:

- 1. **Folate Focus: Essential Insights on What, Why, When, and Which for Women's Health**

This session provided a comprehensive overview of the importance of folate in women's health, addressing its role in pregnancy, prevention of neural tube defects, and overall reproductive health. Experts discussed the types of folate supplements and their timing, helping healthcare providers make informed decisions for their patients.

- 2. **Pale to Pink: Breakthroughs in Technology for Oral Iron Therapy**

The second part of the CME introduced the latest advancements in oral iron therapy, emphasizing new technologies that are improving the efficacy and tolerability of iron supplements. These innovations are critical in addressing iron deficiency anemia, a common issue affecting women, particularly during pregnancy.

The session drew strong participation, further enriching the knowledge of healthcare providers in the management of folate and iron supplementation, both vital aspects of women's health.

Live Webinar **5 CPD** **Multi-Country Educational Initiative**

Topic 1
Folate Focus: Essential Insights on What, Why, When and Which for Women's Health?

Topic 2
Pale to Pink: Breakthrough Technology in Oral Iron Therapy

Speakers	Chairperson	Panelist	
 Dr. Ratnabali Chakravorty M.D, D.G.O., F.I.C.M.C.H, F.I.M.S Director-MAGS Medical Research Centre, IVF & Infertility Clinic, Kolkata, India Past President 2018-19 - Indian Menopause Society Past State Co-ordinator 2018-20 - Mission Pink Health Project IMA (HQ) India	 Dr. Ramani Devi MD., DGO., FICS., FICOG, PhD Managing Director, Ramakrishna Medical Centre & Janani Fertility Centre. President TNFOG National Vice President, FOGSI 2020 India	 Prof. Omondi Ogutu MBChB (UoN); M.Med (Ob/Gyn) (UoN); PGDRM (Biomedical Research Methodology) (UoN), FCOG (ECSA), EBS Consultant Obstetrician/Gynecologist Associate Professor, Department of Obstetrics & Gynecology, University of Nairobi Kenya	 Sreeraj Roy Chief Officer Strategy & Business Development at Apeejay Styra Group Healthcare Vertical

Sept, 2024
26
Thursday

Scan to Register

Walter Bushnell **Starts 07:00 PM (Kenya Time)** **In association with KOGS**

KOGS BRANCH UPDATES



KOGS SOUTH-RIFT BRANCH

The **KOGS South Rift Branch** successfully hosted its Annual Symposium from 30th to 31st August 2024 at Alps Hotel Milimani in Nakuru County. Themed “**Navigating the Emerging Reproductive Health Challenges in the 21st Century,**” the symposium brought together healthcare professionals, researchers, and policy makers to explore the evolving landscape of reproductive health in Kenya.

KOGS SOUTH RIFT BRANCH
2024 ANNUAL SYMPOSIUM
and Gala Dinner

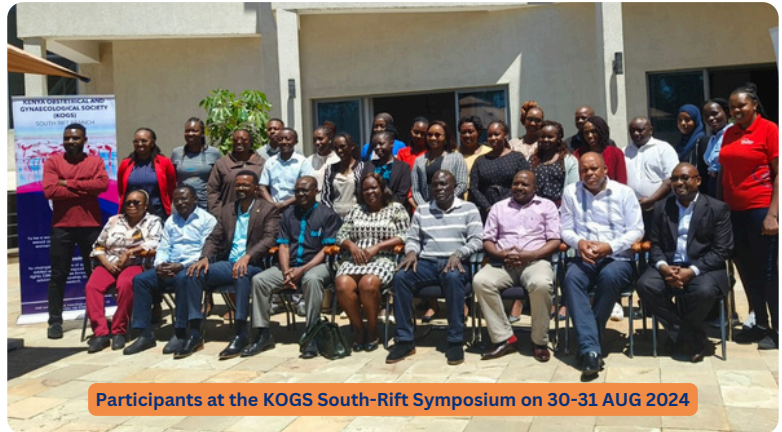
THEME: Navigating the Emerging Reproductive Health Challenges in the 21st Century

VENUE: ALPS HOTEL MILIMANI, NAKURU

REGISTRATION FEE: KSHS 3,000

30-31 AUG 2024

FOR PAYMENT USE MPESA
PAYBILL NO: 625625 | ACC NO: 7700084742



Participants at the KOGS South-Rift Symposium on 30-31 AUG 2024

Key sessions focused on contemporary issues such as advancements in fertility treatments, maternal health challenges, and the impact of technology on reproductive care.

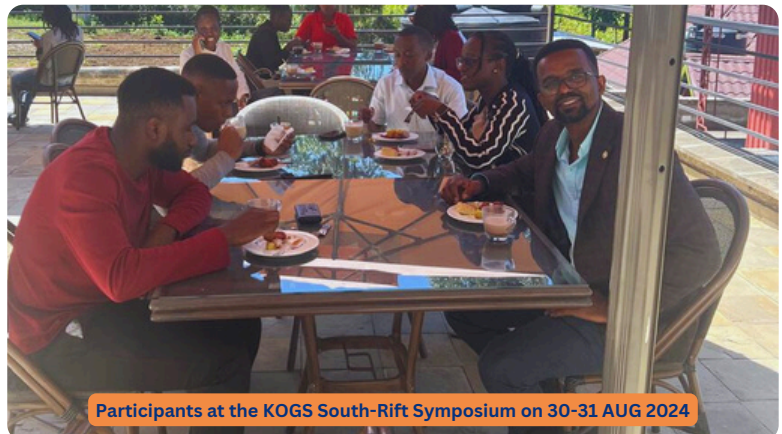


Participants at the KOGS South-Rift Symposium on 30-31 AUG 2024

Attendees were able to share their insights, engage in thought-provoking discussions, and develop strategies to address the unique reproductive health challenges facing the region. The South Rift Branch continues to be an active player in promoting education and professional development within the reproductive health sector, ensuring that healthcare providers are equipped to tackle both present and future challenges.



Participants at the KOGS South-Rift Symposium on 30-31 AUG 2024



Participants at the KOGS South-Rift Symposium on 30-31 AUG 2024

KOGS BRANCH UPDATES



KOGS COAST BRANCH

During the last quarter of 2024, the KOGS Coast Branch organized two highly informative webinars, contributing to the ongoing professional development of healthcare providers in the region:

- On 8th July 2024, the branch held a webinar on **“The Role of Progesterone in Assisted Reproductive Technology (ART).”** This session focused on the critical role of progesterone in improving the success rates of ART, providing attendees with insights into the latest research and clinical applications.
- On 30th September 2024, the branch hosted another webinar on **“The Biochemistry and Clinical Presentation of Menopause.”** This session explored the hormonal changes that occur during menopause, their biochemical implications, and the clinical challenges in managing menopausal symptoms. The webinar provided practical approaches for healthcare providers to support women undergoing this natural phase of life.

SUN PHARMA
invites you to an

ONLINE WEBINAR

Date: 8th July 2024, Monday • Time: 7 pm onwards

The role of Progesterone in ART

SPEAKER

Dr. Swabra Swaleh
MBChB, MMed (Obs/Gyn)-MAK, Msc.
Sexual and Reproductive Health, Fertility and IVF
(University of South Wales),
Founder - Mombasa Laparoscopy and Fertility Center,
Head of Department - Premier Hospital

MODERATOR

Dr. Karanja Mwangi
Consultant Obstetrician Gynaecologist
Modern Gyno Clinic - Mombasa

[Click here to Register](#)

CPD accredited by

Susten
(Micronized Natural Progesterone - Sust)
Sustains Pregnancy, Nurtures Her Dream

Ranferon
(Haematinic Syrup/Capsules - Salt)
The Blood Builder for the Family

KOGS COAST CME
KOGS COAST INVITES YOU TO AN
ONLINE WEBINAR
THE BIOCHEMISTRY AND CLINICAL
PRESENTATION OF MENOPAUSE

Dr Busra A. Ahmed
Obstetrician and gynaecologist
Killifi County Referral Hospital
Presenter

Dorcas Muchiri
Consultant obgyn - UoN
Facilitator

SCAN BELOW TO GET THE ZOOM LINK

Sep 30, 2024 18:00

These webinars underscored KOGS South Rift Branch’s commitment to advancing knowledge and improving patient care in reproductive health.

JOGECA

JOGECA publishes high-quality and relevant works in clinical and basic science research, health informatics, health policy, and implementation science related to Obstetrics and Gynaecology, and is readily disseminated online on quarterly releases.

Editor-In-Chief

Prof. Moses M. Obimbo, MD, PhD



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KOGS Membership



You can now register or renew your KOGS membership right at your convenience.

Mpesa payment:

- Select **Lipa na Mpesa >> Pay bill**
- Enter the following **Business number:** 909010
- Enter your Name **(for new members)** or KOGS membership number **(for existing members)** as Account Number
- Enter the **amount due:** KES xxxx
- Enter your Pin, Confirm details and then Accept the Transaction

Cheques are payable to “**Kenya Obstetrical & Gynaecological Society**” or wire transfer to the bank details below:

Bank name: Stanbic bank

Branch: Upperhill, Nairobi

Account name: Kenya Obstetrical and Gynaecological Society

Account number: 0100006691808 - KES

0100006730544 - USD

Bank code: 31

Branch code: 010

Swift code: sbickenx

Address: Kenya Medical Association Centre, 4th Floor, Suite 407
Upperhill, Nairobi, 19459 – 00202, Kenya.

<https://memberportal.kogs.or.ke/member/new-membership.php>

Full membership: 5,000/-KES

Associate membership: 4,000/-KES



KOGS NEWSLETTER

Official Newsletter of Kenya Obstetrical and Gynaecological Society

Stay connected with KOGS and stay up-to-date on the latest developments in obstetrics and gynecology. Join our vibrant online community and gain access to valuable resources, thought-provoking discussions, and expert insights. Follow us on our social media platforms and be a part of the conversation that is shaping the future of reproductive health in Kenya and beyond.

For any advertisement inquiries, please feel free to email us at (kogs@kogs.or.ke). We are always looking for new opportunities to collaborate with like-minded organizations and individuals who share our passion for advancing women's health. Join us today and be a part of this important mission!



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