



SHAFT

SEXUAL HEALTH & FERTILITY TREATMENTS



105, 1st Floor, EVR Road,
Puthur, Trichy – 620017
Tamil Nadu
+91- 87780 59527 / 75500 59527

Newsletter by



**Centre for Regenerative Andrology
& Sexual Medicine**

www.andregan.com

*Om Ekam Eva Adviteeyam brahma /
Sannama roopa vivarjitham //*

Hello everyone,

I am thrilled and delighted to announce the release of our inaugural newsletter, SHAFT, which focuses on the latest updates in Sexual Health and Fertility Treatments. It has been an incredible journey to put this together, and I thank Almighty for the blessings.

Sexual pleasure and fertility are two essential aspects of human life, but they are often viewed differently. While fertility is celebrated, sexual pleasure is unfortunately considered a taboo topic. What many fail to realize is that these two aspects are deeply interlinked. Poor sexual health can lead to difficulties in libido, erection, ejaculation, or a combination of these, ultimately affecting overall sexual performance. Similarly, fertility concerns can take a toll on a person with optimal sexual health during their fertile period and sexual activity.

We understand that there is a common misunderstanding regarding openness about sexual difficulties between different locations. While people residing in cities might be more comfortable discussing their sexual health, both men and women, those in tier 2 & 3 cities and interior towns tend to be more hesitant. This hesitancy can make it challenging for physicians to elicit a complete history of their patients' sexual wellness, especially when other co-existing complaints are present.

To address these issues and bridge the knowledge gap, we are excited to announce our upcoming International Conference on Sexual Health and Fertility Treatments (SHAFT) 2023. This conference aims to educate physicians and empower them to better address their patients' sexual and fertility needs. We are immensely grateful to our expert speakers who have generously agreed to share their knowledge and insights at the conference, despite their busy schedules. Their expertise in clinical decision-making will undoubtedly benefit all attendees.

A special thanks to our educational partners, including CSEPI (Council for Sexual Education and Parenthood International), Indian Stem Cell Study Group (ISCSG)-Regenerative Andrology Subspeciality, Indian Medical Pharmacologists Association, and the supporting body SASSM (South Asian Society for Sexual Medicine). We are also proud to have received endorsement from the International Society for Sexual Medicine (ISSM).

We extend a warm welcome to all delegates to register for this international program and join us for a great learning experience in Trichy. Our hospitality will be second to none, and we are committed to making this conference a memorable and enlightening event for everyone.

We highly value your feedback and support in sharing this newsletter with your peers and community. Together, let's create a more open and informed dialogue around sexual health and fertility, and improve the well-being of individuals everywhere.

Thank you, and we look forward to seeing you at SHAFT 2023!

Best regards,

Dr.M.Natesh Prabhu MD, FCSM, CCEBDM, ACC, (PhD),
Organising Chairman, SHAFT 2023
Men's Health & Regenerative Sexual Medicine Consultant
Andregn Clinic, Trichy, Tamil Nadu



GUEST EDITORIALS



Dr. D. Narayana Reddy MBBS, PhD,

Chairman Emeritus, CSEPI
Director & Sexual Medicine Consultant
Dega Clinic, Chennai

Sexuality in India

Ancient Indians never considered sex as a taboo. They considered it as a part of day to day living. Hence it was discussed/talked about openly in society. Indians of yore considered it important for a healthy and fulfilled life. Infact, the Vedas (specially the Rig and Atharvana) venerated *Kama*, the primal *Desire*. Vedas are dated around 4000BC. Thanks to the British occupation of India and the consequent Victorian prudery sex was made a taboo in India.

The earliest available comprehensive treatise on sexuality is *Kamasutra* compiled by the legendary Mallange Vaatsyayana. This is dated around 300-400 AD.

Our medical fraternity due to its inhibitions/prejudices, neglected the scientific study of human sexuality. It is only during the past five decades medical professionals started showing interest in this subject. Notable among them are Dr. A. P Pillay, Dr. Mahinder Watsa and Dr. Prakash Kothari.

The Family Planning Association of India conducted a residential workshop “Human Sexuality in Family life” in 1977. The first department of Sexual Medicine was established in 1981 at Nair Hospital, Mumbai. The International Council of Sex Education and parenthood (ICSEP) was founded in 1982. This was rechristened as Council of Sex Education Parenthood International (CSEPI) later.

Council of Sex Education Parenthood International regularly conducts annual national conferences to train and update the skills of doctors in the field of sexology. The current conference, SHAFT 2023, is partnered by Council of Sex Education Parenthood International.

August 26 & 27
Courtyard by Marriott,
Trichy, Tamil Nadu, India



*International Conference on
 Sexual Health & Fertility Treatments*

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Guest Speaker



Dr.D.Narayana Reddy MBBS, PhD,
 Chairman Emeritus,
 CSEPI Director & Sexual Medicine
 Consultant Dega Clinic, Chennai

Topic:
**Evolution of Sexual
 Medicine Practice**

Hosted by: **Andregnc**
 Clinic

Centre for Regenerative Andrology & Sexual Medicine
 Trichy, Tamil Nadu, India

Academic Partners



Council of Sex Education &
 Parenthood (International)



Regenerative Andrology
 Sub-specialty



Endorsed by



South Asian Society for Sexual Medicine

Supported by



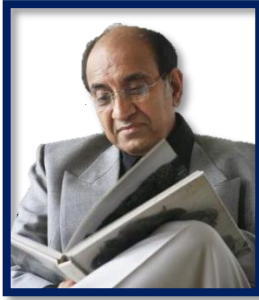
Medical Education Society

Industry Partners



Create Life with Science





Dr. Raj Brahmbhatt MBBS, FSCEPI

Emeritus Founder Trustee, CSEPI
 Director, Kama Institute of Sexual Studies, Mumbai
 Consultant, Sexual Medicine, Nanavati Max Super Specialty
 Hospital, Mumbai

Sex & Fertility

Infertility may result in considerable distress, particularly since many men equate fertility with masculinity & it may interact with couple's or individual's sexuality & sexual expression in two main ways.

- Sexual Problems may be caused by exacerbation of diagnosis, investigations & management of infertility or subfertility (or)
- They be contributory factor in childlessness.

Sexual Problems as a cause of Infertility

Childlessness may be the result of sexual dysfunction. To avoid wasting of time and resources, it is important that patients are given the opportunity to discuss their previous patterns of sexual functioning to see if it has changes in the light of their fertility problems. The basic requirement of intravaginal intercourse followed by ejaculation, i.e. consummation, is not met by small percent of couples who complain of infertility. It can be often because of misunderstanding or fears about sex, vaginismus or combination of all three.

With some couples the problem is one of low sexual appetite in one or both partners with the result that sexual intercourse is infrequent and unlikely to coincide with the fertile phase of the menstrual cycle.

Male causes of infertility include delayed ejaculation, retrograde ejaculation, severe premature ejaculation and most commonly erectile dysfunction. The low frequency of ejaculation results in impairment of the mobility and longevity of spermatozoa. Ejaculation frequencies of more than once daily are associated with a relatively low sperm count and occasionally this may contribute to infertility.

Sexual Problems caused by Infertility

In men & women infertility may lead to depression and low self-esteem, and this in turn can result in reduced sexual appetite and responsiveness. In addition, certain investigations (radiological) and management (operative) procedures may provoke sexual difficulties by interfering with the couple's enjoyment of sex.

During the fertility period, demand for the sexual activity occurs according to a predetermined schedule and this impairs spontaneity. This make sex laborious rather than pleasurable. Few men find it difficult to inseminate or provide semen sample either for assessment or for assistive reproductive procedures.

Upon the diagnosis of oligoasthenoteratozoospermia (OAT) or azoospermia, men can suffer some mental trauma which can lead to erectile failure. Hostility and guilt are also quite common in women. In response to being unable to conceive many couples get emotional to express their anger, panic, despair and grief to their partners which may have several effects on sexual activity & intimacy.

Keeping these in mind a treating physician should attend the patient's emotional needs too. Timely counselling and precise management can help the couple to enjoy a pleasurable sexual life which can enhance their fertility potential as well.

SHAFT 2023 is focused on educating the physicians in the management of sexual dysfunction and infertility. Many experts will be gathering in Trichy this August 26 & 27 at Courtyard by Marriott to deliberate on various topics pertaining to Sexual Health and Fertility Treatments.

August 26 & 27
Courtyard by Marriott,
Trichy, Tamil Nadu, India



*International Conference on
Sexual Health & Fertility Treatments*

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Guest Speaker



Dr. Raj Brahmbhatt MBBS, FCSEPI,
Emeritus Founder Trustee, CSEPI
Director, Kama Institute of Sexual Studies &
Consultant, Sexual Medicine,
Nanavati Max Super Speciality Hospital – Mumbai

Topic:
**Kamasutra in
current relevance**

Hosted by: 
Centre for Regenerative Andrology & Sexual Medicine
Trichy, Tamil Nadu, India

Academic Partners



Council of Sex Education & Parenthood (International)

Endorsed by



Reproductive Andrology Sub-specialty

Supported by



South Asian Society for Sexual Medicine

Industry Partners



CREATE LIFE WITH SCIENCE

Why you should attend SHAFT 2023?

- First **international conference** on sexual Health and Fertility in Trichy
- Endorsed by **International Society of Sexual Medicine (ISSM)**
- Supported by **South Asian Society of Sexual Medicine (SASSM)**
- Academic Partnership by **Council for Sexual Education and Parenthood International (CSEPI), Indian Stem Cell Study Group (ISCSG) – Regenerative Andrology Subspeciality & Indian Medical Pharmacologists Association (IMPA)**
- Accredited by **Tamil Nadu Medical Council** for 3 credit hours
- **34** interactive sessions
- **27** experts: National & International speakers
- Topics focused on **management protocols** and tips on multitude of conditions
- Excellent **networking opportunity** to interact with the Sexual health & fertility practitioners across the nation
- Visiting **heritage rich Trichy**
- Enthralling **learning experience with excellent hospitality** to unwind while to learn

SHAFT 2023
International Conference on Sexual Health & Fertility Treatments
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August 26 & 27
Hotel Courtyard, Marriott, Trichy, Tamilnadu.

Hosted by: **Gandregm Clinic**
Centre for Regenerative Andrology & Sexual Medicine
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Academic Partners: ISSM, SASSM, CSEPI, ISCSG, IMPA
Endorsed by: ISSM
Supported by: SASSM, CSEPI, ISCSG, IMPA
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Accredited by
Tamil Nadu Medical Council

Uniting Experts for Sexual Health and Fertility Treatment Education



*International Conference on
Sexual Health & Fertility Treatments*

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August 26 & 27

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Trichy, Tamilnadu, India.**

+91 75500 59527

shaftconference@gmail.com

