

Reasons why Conventional Laparotomy Gynaecology Surgeons have a Low Uptake in Advanced Gynaecological Laparoscopic Surgeries

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ABSTRACT

Objective: To rationalize why uptake of advanced laparoscopic gynaecological surgeries are low among conventional open gynaecology surgeons. **Methods:** Case review of difficulties faced by conventional laparotomy surgeons in 1st 50 cases of advanced gynaecological laparoscopic procedures performed in Penang General Hospital and how to overcome the problem that arises intra-operatively. Common struggles will be reviewed in detail so that the approach could be simplified and its uptake could be increased among general gynaecologists. Minor and major problems will be discussed and expert opinions of advanced laparoscopic surgeons will be highlighted, with the aim to overcome the difficulties faced to optimize the outcome while minimizing the probability of operative complications, failure rate and lastly, conversion rate. **Results:** Laparoscopic approach is different from conventional open surgery. Conventional laparoscopy only provides a monocular 2-dimensional view where good hand-eye coordination is of utmost importance. Detailed knowledge of anatomical structures is crucial in performing level 3 and beyond in advanced laparoscopic procedures. Performing frozen pelvis surgeries will require anatomy structure correlation knowledge that are preserved even in cases of frozen pelvis where finding gateways and backdoors are of the utmost importance. Usage of modern energy sources provide effective cutting and haemostasis without tissue charring and thermal injury to surrounding viscera. Pneumoperitoneum complications and tissue retrieval are specific to laparoscopic surgery only. **Conclusion:** Multidisciplinary team effort is needed to maintain an effective laparoscopic team work. Detection of complications is vital to minimize morbidity for the patients while creating an invaluable experience in overcoming the learning curve for advanced laparoscopic procedures.

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Effects of 6-Week Micronutrient Supplementation on Sperm Parameters and Pregnancy Outcomes in Males with Idiopathic Infertility undergoing Fertility Interventions: A Pilot Cohort Study

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ABSTRACT

Objective: To evaluate the effectiveness of the consumption of Profortil[®], a combination of eight micronutrients, on sperm count, sperm motility, and pregnancy outcomes following a fertility intervention among infertile males. **Methods:** A cohort study was undertaken at Seberang Jaya Hospital and Sultanah Bahiyah Hospital. A total of 90 infertile males were enrolled, 52 decided to take two capsules of Profortil[®] daily for a six-week period during 1st September and 30th November 2016. Those who decided not to consume Profortil[®] served as the control group (n=38). Semen analysis and observation of pregnancy outcomes following the fertility interventions were conducted after 6 weeks. **Results:** Despite the consumption of Profortil[®], both groups showed a significant increase in sperm count (p<0.001), but no change in sperm motility after 6 weeks. Although the difference in increment of sperm count between two groups was not significant, more participants who took Profortil[®] achieved a sperm count above 15 million/mL (25% versus 18.4%). The Profortil[®] group demonstrated higher pregnancy rate following the fertility interventions (26.9% versus 18.4%). **Conclusion:** The findings suggest that Profortil[®] could be helpful in improving the sperm parameters and pregnancy outcomes. A longer supplementation duration is likely to be needed, to optimize its effectiveness. However, there is a trend of more patients having sperm count and motility above the WHO-recommended lower limit values for semen analysis, which had a positive impact on the pregnancy outcomes. However, a double-blind, randomized, placebo-controlled study with bigger sample size would be able to support and verify these findings.