

Consultant Obstetrician & Gynaecologist

Dr. Ramdoursingh graduated at Banaras Hind University India and specialized in Obstetrics & Gynaecology. He started as a teacher at College Ideal Secondary School (Mauritius).

From 1999 to 2014 he worked at the Ministry of Health & Quality of Life in Mauritius as a consultant in the department of Obstetrics & Gynecology. He was also a program manager for W.H.O (Make Pregnancy Safer) from 2006 to 2014



Today he is a lecturer at Sir Seewoosagur Ramgoolam Medical College and at the faculty of Medicine and Health Sciences at the University of Mauritius.

DR RAMDAURSINGH



Physiotherapist-kiné, Women's Health Clinical and Pilates Instructor

Education:

Curtin University of Technology Australia

Bachelor of Physiotherapy (Health Sciences)- 2014

Work experience 2014-2019:

- Vatinelle Physiotherapy
- Bébé & J Physiotherapy
- Wisdom Physiotherapy
- Autism
- Down syndrome WA
- MND Western Australia



SANDRINE VATINELLE



Pregnancy and Sports

Saturday September 4th
Conference Room #1
9:00am to 10:00am

1. Female athletic triad

The Female athlete triad was originally defined as an interrelation of amenorrhea, osteoporosis, and disordered eating that would exist simultaneously.

More recently it has been recognized that these 3 conditions exist on a spectrum and they have since been renamed menstrual dysfunction, low bone mineral density and low energy availability with or without an eating disorder. Timely prevention, recognition and treatment are important at delaying the progression as anyone of the 3 triads components put the individual at a higher risk of incurring all 3. Each component of the triad can have irreversible consequences and the components can increase in-severity.



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2. Relative energy deficiency

Pregnancy is a natural physiological condition which most women enjoy to experience. Certain women who are very fitness oriented are worried about their fitness and weight gain during pregnancy and they are concerned about which exercises they can follow during their gestational period. It's important to realize that the cardiac response to exercise in pregnant women generally doesn't differ from those in nonpregnant women.



In general, pregnant women should practice exercise in a moderate range. Preexisting cardiopulmonary diseases and pregnancy pathologies have to be considered as contraindications.