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# Bayer Pharma, AP govt & King George Hospital to combat high rates of unnecessary hysterectomies in Vizag

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**Represents a significant effort to advance womenâ??s health in Vizag**




Bayer’s Pharmaceuticals division, in collaboration with the Department of Health, Medical and Family Welfare, Government of Andhra Pradesh (AP), inaugurated the first Preserve the Uterus (PTU) Centres of Excellence in the state.

The event at King George Hospital, which will house one of the two Centres of Excellence, included a training session for doctors from government run institutions like Victoria Hospital and district level hospitals, as well as ASHA workers, and other healthcare professionals on July 20th, 2024. The second Centre of Excellence will be installed at Victoria Hospital.

The most common reason for undergoing a hysterectomy in India is heavy menstrual bleeding. Preserve the Uterus is a nationwide campaign that was launched in April 2022 by Bayer's Pharma division in collaboration with the Federation of Obstetric and Gynaecological Societies of India (FOGSI).

The initiative is to drive awareness about the negative impact of unnecessary hysterectomies in India. The PTU Centres of Excellence in Vizag are first-of-their-kind in the country. The first-ever training session in Vizag provided healthcare professionals with knowledge on effective, non-surgical treatments for heavy menstrual bleeding. This programme aims to enhance patient care and offer alternatives to unnecessary surgical procedures.

In recent years, hysterectomies have gained attention in India’s health policy due to high prevalence. The National Family Health Survey-5 (2019-2021) shows that the rate of hysterectomy in women across India aged 30-39 years is 3.3%, with the highest rate of 8.7% observed in Andhra Pradesh.

This procedure not only raises healthcare costs but can also lead to long-term co-morbidities such as high blood pressure, diabetes, bone pain and high cholesterol. Hysterectomy at a younger age is associated with a higher risk of cardiovascular disease, stroke and osteoporosis and also affects the mental health of women.