



EEBR 2025

FOGSI EEBR 2.0

BENIGN ADNEXAL MASSES

ETHICAL EVIDENCE-BASED RECOMMENDATIONS



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Foreword

As the steward of a mammoth organisation FOGSI, I believe it is my responsibility to give back to society by strengthening the academic framework that guides our daily practice. In a time when medical science is advancing rapidly, it becomes essential for clinicians to regularly update their understanding so that patient care remains informed, safe, and contemporary. The EEBR series is one such effort to simplify evolving evidence and offer practical clarity in areas that impact women across all age groups.

Benign adnexal masses constitute one of the most frequently encountered dilemmas in gynaecological practice, spanning the entire spectrum of a woman's life—from adolescence to the reproductive years, through the perimenopausal transition, and well into post-menopausal age. The causes are diverse, the presentations are varied, and the differential diagnoses can be extensive. Each age group brings its own set of concerns, risks, and clinical expectations, making a uniform approach insufficient. Accurate assessment is crucial, and this is an area where advancements in imaging modalities, updated diagnostic criteria, and structured reporting systems have significantly transformed our decision-making. At the same time, surgical techniques have evolved—from conventional approaches to minimally invasive and fertility-preserving options—requiring us to refine our knowledge continually. In such a dynamic landscape, a focused and well-curated set of evidence-based recommendations becomes indispensable.

This book is the result of months of rigorous work by a dedicated team of editors and authors, who have meticulously examined the literature, analysed clinical pathways, and crafted comprehensive, ethical, evidence-driven guidance. Their commitment to academic precision and practical applicability shines through every chapter. I extend my sincere appreciation for their hard work, discipline, and scientific integrity.

I hope this volume empowers clinicians to evaluate adnexal masses with confidence, make judicious decisions, and ensure that women across all stages of life receive care that is both updated and individualised.

Warm regards,



Dr. Sunita Tandulwadkar
President, FOGSI 2025

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