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Overcoming MRKH Challenges: Empowerment Initiatives in Muslim Majority Regions, Developing Country, Indonesia

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Introduction: In Indonesia, individuals with MRKH syndrome face cultural, religious, and medical challenges, rendering discussions about MRKH and vaginoplasty taboo, notably within Muslim communities. This syndrome disrupts conventional views of femininity, causing emotional distress in a society valuing marriage and motherhood. Traditional beliefs exacerbate these challenges, limiting access to treatment. A holistic approach addressing medical, cultural, and psychological aspects is crucial, as demonstrated in a case highlighting the Sheares method for vaginoplasty in Indonesia.

Case Presentation: A 21-year-old virgin girl presented at the OB/GYN of USU Hospital with the primary complaint of never having experienced menstruation. The patient admitted to experiencing breast enlargement, hair growth around the armpits and genitals. During the ultrasound examination, uterine agenesis was detected. The MSCT scan revealed uterine aplasia with both ovaries within normal limits. The patient will soon be getting married in 2 months and prefer to treat her condition by holistic management, including vaginoplasty, creation of a vaginal mold, and consultations with a psychiatrist before and after the procedure. **Discussion:** Excellent results and no significant complications were observed after the successful completion of Sheares neovaginoplasty and after married we conducted counseling regarding their sexual relationship and the couple did not have any complaints.

Conclusion: The Sheares procedure offers a straightforward, secure, and efficient surgical approach. The functional and anatomical outcomes are excellent. It is important to note that holistic care for MRKH patients does not end with surgical procedures.

Keywords: MRKH, Holistic Care, Vaginoplasty, Management, Quality Of Life.



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CURRICULUM VITAE

PERSONAL DETAILS

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EDUCATION

2000-2006 Primary School (SD 010133 Aek Song-Songan)
2006-2009 Junior High School (SLTP Negeri 1 Tebing Tinggi)
2009-2012 Senior High School (SMA Negeri 1 Tebing Tinggi)
2016 Bachelor of Medicine, Universitas Sumatera Utara (**GPA: 3.6**)
2018 Medical Doctor, Universitas Sumatera Utara (**GPA: 3.62**)

ACHIEVEMENTS

1. 2nd place in Chemistry Olympiad Competition, 2011
2. 1st place in Medical Olympiad Competition Obstetrics and Gynecology, 2016
3. 2nd place in Scientific Project and Olympiad of Sriwijaya , 2016
4. 2 times as the Best Student of Outstanding Student Award in Medical Faculty of Universitas Sumatera Utara in 2016 and 2017
5. 2nd place in the Oral Presentation Competition in Annual Scientific Meeting Obstetric and Gynecology, 2019
6. Young Scholar Bursary Award in 18th IMS World Congress 2022, Portugal
7. 1st place in 9th APMF Scientific Meeting 2024, Bali



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ORGANIZATION EXPERIENCE

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2013-2014: Head of Business Fund, Tim Bantuan Medis, Faculty of Medicine,
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2018-Present: Member of Ikatan Dokter Indonesia

2021-Present: Member of Scientific Division, Perkumpulan Anggota Muda Obstetri-
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WORKING EXPERIENCE

2018-2019 : Internship Doctor in the Border Area, Natuna Island, Indonesia

2020 - Present : Resident in Obstetrics and Gynecology, Universitas Sumatera Utara

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