



GYNAECOLOGY PLUS  
FOR BODY & WELLNESS

## EXCELLENCE IN REGENERATIVE & MINIMALLY INVASIVE GYNAECOLOGY

FBW GYNAECOLOGY PLUS NEWSLETTER | JANUARY 2020

46 Marleston Avenue Ashford SA 5035 | Tel: 08 8297 2822

### We would like to wish you a happy new year in 2020!

Dr Fariba Behnia-Willison, Endo-Gynaecologist, Pelvic Floor Medicine & Reconstruction Specialist, and Dr Tran Nguyen, Endo-Gynaecologist, Colposcopist, and Gynaecologist with special interest in restorative fertility, would like to thank all the doctors and specialists in South Australia for their continuing support and referrals to FBW Gynaecology Plus.

What a year it has been here at FBW Gynaecology Plus! In this issue we would like to recap on some of the highlights from 2019, all of which would not have been possible without the continued support and collaboration with you, our valued Health Care Practitioners in South Australia and beyond.

Dr Willison and Dr Nguyen presented at the AAGL Conference in Vancouver, Canada in November 2019 on Platelet-rich Plasma (PRP) and CO2 laser, as well as the use of autologous graft for mesh complications.

They also attended restorative fertility, genital affirmation, and endometriosis talks to keep up to date with what colleagues are doing abroad in the respective areas and to compare techniques.

2019 has been a year of growth and expansion with Dr Tran Nguyen and allied health specialists joining our team, and with new and exciting treatments being introduced to our practice, including percutaneous tibial nerve stimulation (PTNS).

We look forward to bringing improved quality of life to patients in 2020!

We wish you all a Happy New Year with your family and loved ones and look forward to working with you again!

*Thank you once again for taking the time to  
read our newsletter today.*



#### SPECIAL INTERESTS AT FBW GYNAECOLOGY PLUS

Pelvic Floor Disorders	Fibroids
Incontinence & Prolapse	Pelvic Pain
Endometriosis	Ovarian Cysts
Painful Intercourse	Infertility
Abnormal Labia	PCOS
Post Menopausal Bleeding	Abnormal Papsmears
Advanced Laparoscopy	Vulval Lichen Sclerosus

#### ACCEPTING NEW PATIENTS NOW



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## Another successful year at FBW Gynaecology Plus!

Dr Fariba Behnia-Willison had a busy year in 2019 teaching, presenting and networking with specialists, medical practitioners, scientists and businesses leading the way in Regenerative Medicine.

Dr Fariba Behnia-Willison, Dr Tran Nguyen were inspired at the **AGES Annual Scientific Meeting** and the **AGES Pelvic Floor Symposium** in March, speaking with and learning from key-note speakers! We were also proud to announce that Dr Fariba Behnia-Willison had been elected as a board member for the **Australasian Gynaecological Endoscopy and Surgery Society (AGES)** and has spent the year working hard with other board members to advance education and mentorship. Dr Tran Nguyen also received her AGES Fellowship at the Annual Scientific Meeting Event!

In June Dr Willison travelled to London for the **RCOG World Congress** where she presented on innovative treatments of incontinence and prolapse such as PRP and also regenerative medicine for managing mesh complications.

Dr Willison and Dr Ritossa as AGES Board Members organised the **"Who do you want to be when you grow up" AGES Seminar** for trainees in Adelaide in July. They used this event to give direction to our future generation of O&G consultants! In July we also held our first **FBW Annual GP Seminar** with Dr Willison and Dr Nguyen presenting to General Practitioners on commonly asked questions. Dr Willison and Dr Nguyen also attended the **ASCCP Management of Cervical Disease and Colposcopy Course** in Sydney to finish of a very busy month!

The August issue of **Women's Weekly Magazine** featured Khadija Gbla and her fight to stop Female Genital Mutilation (FGM) and our very own Dr Fariba Behnia-Willison's medical

expertise in the reversal and treatment for survivors through our clinic and charity **Desert Flower Centre Australia**.

In August the combined **AGES and World Endometriosis Society Conference** in Melbourne was a sensational meeting on endometriosis and fertility treatment. Dr Fariba Willison and Dr Tran Nguyen updated their knowledge to care for women holistically and Dr Willison presented on the Limits and Limitations of Surgery and Endometriosis.

Dr Willison also took part in the **Flinders Endogynaecology Suturing Workshop** in August, presenting on her experience with Mesh Hysteropexy in Pelvic Floor Prolapse and conducting suturing workshops with the Flinders Endogynaecology Team.

Dr. Willison was pleased to attend the **AGES 'Train the Trainer' Workshop** in Sydney in October. She strives to keep up to date with the latest information and technology through training and research.

In November Dr Willison and Dr Nguyen both attended the **AAGL 2019 Conference** in Vancouver. Dr Willison held a workshop to fellow international surgeons on Regenerative Medicine for Gynaecology, Lasers and New Treatments in Vulvovaginal and Pelvic Floor Conditions and Pelvic Floor Repair with the use of Autologous Graft in Vaginal Surgery.

She finished off a year full of education and assisting with the **AGES Laparoscopic Anatomy and Pelvic Dissection Workshop** in Brisbane, what a year it has been!

We could not continue the work that we so love to do at FBW Gynaecology Plus without your continued support and we look forward to an even more inspiring and educational year ahead in 2020!

## What will 2020 bring to FBW Gynaecology Plus

**The next year ahead for FBW Gynaecology Plus will continue to be full of education and research, conferences and workshops!**

Dr Tran Nguyen will be continuing her Masters in Reproductive Medicine and be focused on restorative fertility, which is aimed at repairing the underlying medical conditions to improve overall fertility.

We will be delving into a study on Radio-frequency with the **Viveve System** for treatment of Urinary Incontinence. This TGA-approved treatment works at a cellular level to rebuild and restore collagen within the vaginal tissue – without the need of surgery and without disrupting the mucosal surface.

During one 45-minute in outpatient visit, the Viveve treatment delivers patented, dual-mode deep heating and surface cooling to stimulate the body's own natural regenerative processes. In multiple studies, including the **VIVEVE 1 study**, a large randomised controlled trial, women who received the Viveve showed statistically significant and sustained improvements in vaginal tightness, sensation and satisfaction at 12 months follow-up. The **VIVEVE 1 study** also showed statistically significant improvement in arousal, lubrication, and orgasm.

We will be commencing research on the use of the Viveve for patients with Urinary Incontinence and also for patients suffering from FGM.

### The Technology

The Only Energy-Based Device In Women's Health Using Cryogen Cooling

Allows Sustained Time on Tissue and Ideal Depth of Penetration

- **Cryogen Reverse Thermal Gradient** – Three-phase continuous cooling protects the tissue closest to the treatment tip while heating the deeper tissues.
- **Software** – Automatically monitors temperature to consistently deliver cryogen and RF energy at 90J/cm2.

Match the technology to the issue and the tissue

Patented Cryogen-cooled Monopolar Radiofrequency (CMRF) ideal for issues with tissue involvement requiring robust neocollagenesis.

## Desert Flower Centre Australia – Activism 2019



In 2018, Dr Behnia-Willison founded Desert Flower Foundation Australia, a charity which raises awareness of FGM and provides medical help to repair and reverse its effects. She has put together a team of nurses and anaesthetists who, with the support of Adelaide's Ashford Hospital, have provided free reconstructive surgery to women who have suffered from FGM.

In the past two years, she has operated on 12 women but seen at least 50 women through her clinic from all over the world seeking help. Some do not proceed with surgery for fear of community or family reprisal. Of those that do, she says: "It has been joyful seeing the confidence these women have afterwards. It makes a big difference to their lives." Dr Behnia-Willison has joined Khadija's campaign to educate about the impacts of FGM.

In our first year since launching Desert Flower Centre Australia we have collaborated with **PsychMed** to provide awareness and trauma training and worked with our team at FBW to build the foundations of this charity.

Khadija Gbla and Dr Fariba Behnia-Willison were featured in **Women's Weekly Magazine** in their **Inspiring Women Issue** and we continued to treat patients in our clinic!



Above: Dr Fariba Behnia-Willison.  
Right: Khadija (centre) with girls she supported while at school.



# Save the Date

DESERT FLOWER CENTRE AUSTRALIA  
ANNUAL FUNDRAISER

**MAY 31 2020**

STAMFORD GRAND GLENELG  
DOORS OPEN AT NOON  
HIGH TEA EVENT  
\$99 PP, STUDENTS \$49 PP



## Happy Chinese New Year

2020 is the year of the rat.

The Rat is the first of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. The Rat tricked the Ox into giving him a ride. Then, just as they arrived at the finish line, Rat jumped down and landed ahead of Ox, becoming first.

***"Rats are clever, quick thinkers; successful, but content with living a quiet and peaceful life."***

Recent years of the Rat are: 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020.



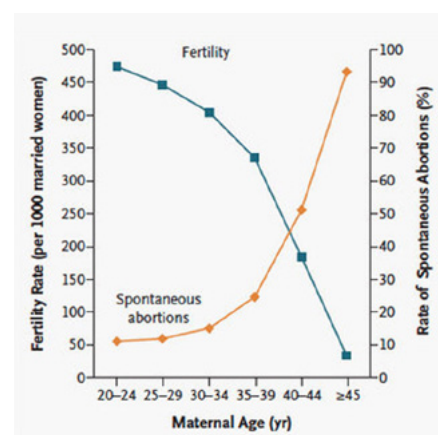
## Fertility Awareness

***"Beauty has no age, Fertility does."***

There has been a shift in culture, where women have been more focused on education and establishing their career. As a result, fertility may be delayed until a later age. However, advanced female age, which is when women are over 35 years of age, is related to fewer and poorer-quality follicles, higher risk of aneuploidy and miscarriage, as well as obstetric and perinatal complications.

Hence postponing childbearing may have longterm effects on women's lives and should be addressed in their early age.

It is important to introduce fertility awareness to women and couples about the unmodifiable risk factor of female age. The vitrification technology has improved the ability for egg freezing, which allows women to preserve fertility until their desired time to enter motherhood.



## Continence Confidence with Percutaneous Tibial Nerve Stimulation (PTNS)

Our Incontinence and Pelvic Floor Disorder Clinic is offering the Urgent PC Neuromodulation System, a non-drug, outpatient treatment for the associated symptoms of overactive bladder and bowel, including urgency, frequency, nocturia, urge incontinence and faecal incontinence.

PTNS treatment program is effective for men and women. It is a 30-minute **Bulk Billed** weekly session for 12 weeks **at no cost to the patients!** Many studies show up to 80% of patient improve with PTNS, with less bothersome symptoms and social embarrassment.



*Thank you*

FOR CONSIDERING FBW GYNAECOLOGY PLUS  
FOR YOUR PATIENTS GYNAECOLOGY NEEDS



CALL US

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