



GYNAECOLOGY PLUS
FOR BODY & WELLNESS

EXCELLENCE IN REGENERATIVE & MINIMALLY INVASIVE GYNAECOLOGY

FBW GYNAECOLOGY PLUS NEWSLETTER | SEPTEMBER 2019

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WELCOME TO OUR QUARTERLY NEWSLETTER

Dr Fariba Behnia-Willison MBBS, FRANZCOG Endo-Gynaecologist, Pelvic Floor Medicine & Reconstruction, would like to thank all the doctors and specialists in South Australia for their continuing support and referrals to FBW Gynaecology Plus.

Treatment for Pelvic Organ Prolapse and Mesh Complication can be challenging and complex and we believe it is important to be aware of the options available to those suffering. We discuss this further in today's issue!

We will also be exploring Painful Intercourse or Dyspareunia, as we discuss the common causes and non-invasive treatments available.

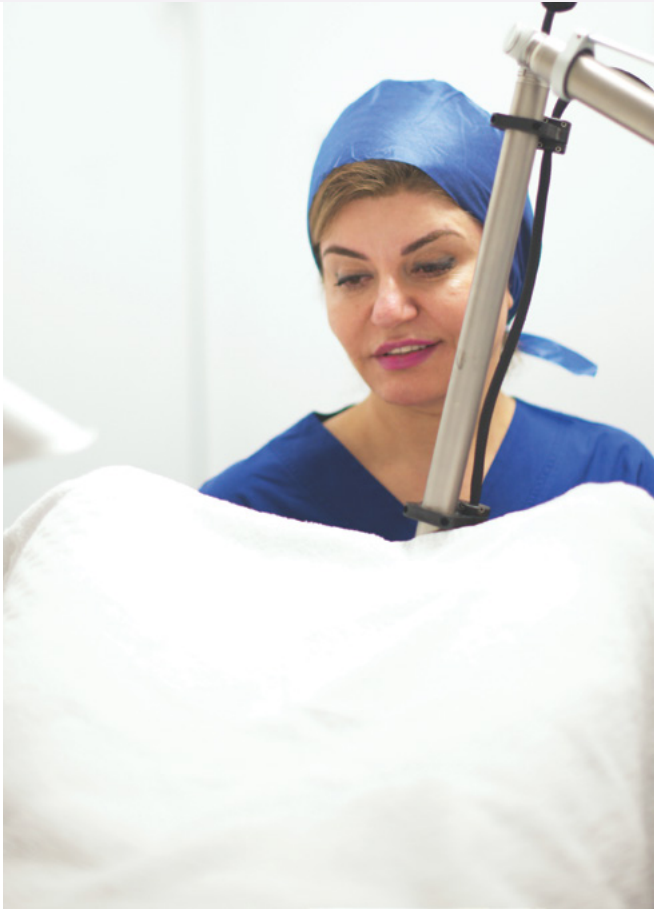
Dr Tran Nguyen has continued to flourish since joining our practice earlier this year, providing an excellence in gynaecological care to patients and services in fertility. Women at our clinic are encouraged to bring their partners along for their fertility consultations, Dr Tran shares some useful information on Male Fertility in this newsletter.

It has been a busy few months in education for Dr Fariba Behnia-Willison, recently presenting at the RCOG World Congress in London, sharing her knowledge on Incontinence and Prolapse as well as soaking up all the latest in Gynaecology and teaching at the Suturing Workshop at Flinders University.

Patients are seeing excellent results with percutaneous tibial nerve stimulation (PTNS). This is a fully Medicare Rebatale treatment for patients suffering from overactive bladder (OAB) and urinary urge incontinence (UUI). We welcome your referrals for patients, women and men, who could benefit from this free treatment.

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

PRP and MonaLisa Laser Treatment for Dyspareunia



Painful intercourse or dyspareunia affects many women at some point in their lives. It is defined as persistent or recurrent genital pain that occurs just before, during or after intercourse. The causes of painful intercourse can include both physical and psychological features, however, no matter the underlying issue, it can have overwhelming effect on relationships. If left untreated, it can lead to a breakdown in intimacy and possibly the relationship itself.

Some of the common reasons for dyspareunia include the following:

- endometriosis
- pelvic inflammatory disease
- uterine prolapse
- uterine fibroids
- cystitis
- irritable bowel syndrome
- ovarian cysts

There are many treatment options available that may assist with dyspareunia. These can include using the MonaLisa Laser Treatment, a non-invasive treatment for reshaping and revitalising of scar tissue and atrophic vaginal mucosa.



Vaginal Mesh Complications

Pelvic organ prolapse is a common condition, affecting nearly half of women. Risk factors are previous vaginal births, forceps delivery, obstetric tears, and advanced age.

There are various surgical treatments to help women suffering from pelvic organ prolapse. One of the most common procedures is native tissue vaginal repair. Previously, transvaginal mesh was used to give long-term support of prolapse repair. Unfortunately, there has been serious complications for some women after transvaginal mesh surgery. As a result, since November 2017, the Therapeutic Goods Administration (TGA) has removed transvaginal mesh implants for prolapse repair due to the risks outweighing the benefits.

Treatment for pelvic organ prolapse can be challenging and complex. Innovative and safe treatment options are required to help women who suffer from pelvic organ prolapse.

Paternal Age Matters



Male infertility

Fertility delay occurs in 1 in 7 couples in Australia. One third of the time, it is related to a male factor, as a result of anatomical or genetic abnormalities, infections, medical conditions, medications, and lifestyle. Fertility evaluation for men includes an initial history, physical examination, and semen analysis. Subsequent testing may include endocrine assessment, karyotyping, and ultrasound.

Abnormal semen analysis

If abnormal semen results occur, then a repeat test in three months is recommended. Starting male antioxidant could be considered to alleviate oxidative damage and improve live birth rates. Optimising diabetes and blood pressure profiles, weight, and toxin avoidance may assist with sperm quality too.

Advanced paternal age

It is known that women over 35 years of age have a decline in fertility, but advanced paternal age is less emphasised. Men are delaying fatherhood due to increase in contraceptive use, assisted reproduction access, new relationships, and longer life expectancy.

Although men can continue to produce sperm at any age, they produce less testosterone as they age, which may link to decreased sperm quality. Studies have observed that fathers over 45-years-old are at four-fold increased risk of delayed fertility, even if their partner was younger than 25 years old.

If couples are trying to conceive and are greater than 35 years of age, please consider early referral for fertility discussion.

Our GYNAECOLOGICAL EXPERTISE

INTERESTS

- Pelvic floor disorder
- Incontinence
- Prolapse
- Endometriosis
- Painful Intercourse
- Post Menopausal Bleeding
- Fibroids
- Ovarian Cysts
- Pelvic Pain
- Male / Female Fertility
- PCOS
- Labiaplasty
- Lichen Scleroses
- Abnormal Pap Smear
- Colposcopy

SERVICES

- Advanced / Single Incision Laparoscopy
- Pelvic Floor Reconstructive Surgery
- Plastic & Reconstructive Treatment for FGM
- Platelet Rich Plasma (PRP)
 - MonaLisa Touch™
 - Labiaplasty
 - Vagioplasty
 - Revision of Scarring
- Urodynamics
- MonaLisa Touch™
- Fertility Treatment
- Ovulation Induction
- IVF
- Colposcopy
- PRP - for Hair Loss



BOOK YOUR
APPOINTMENT
TODAY

46 Marlestone Avenue
Ashford SA 5035
(Opposite Ashford Hospital)

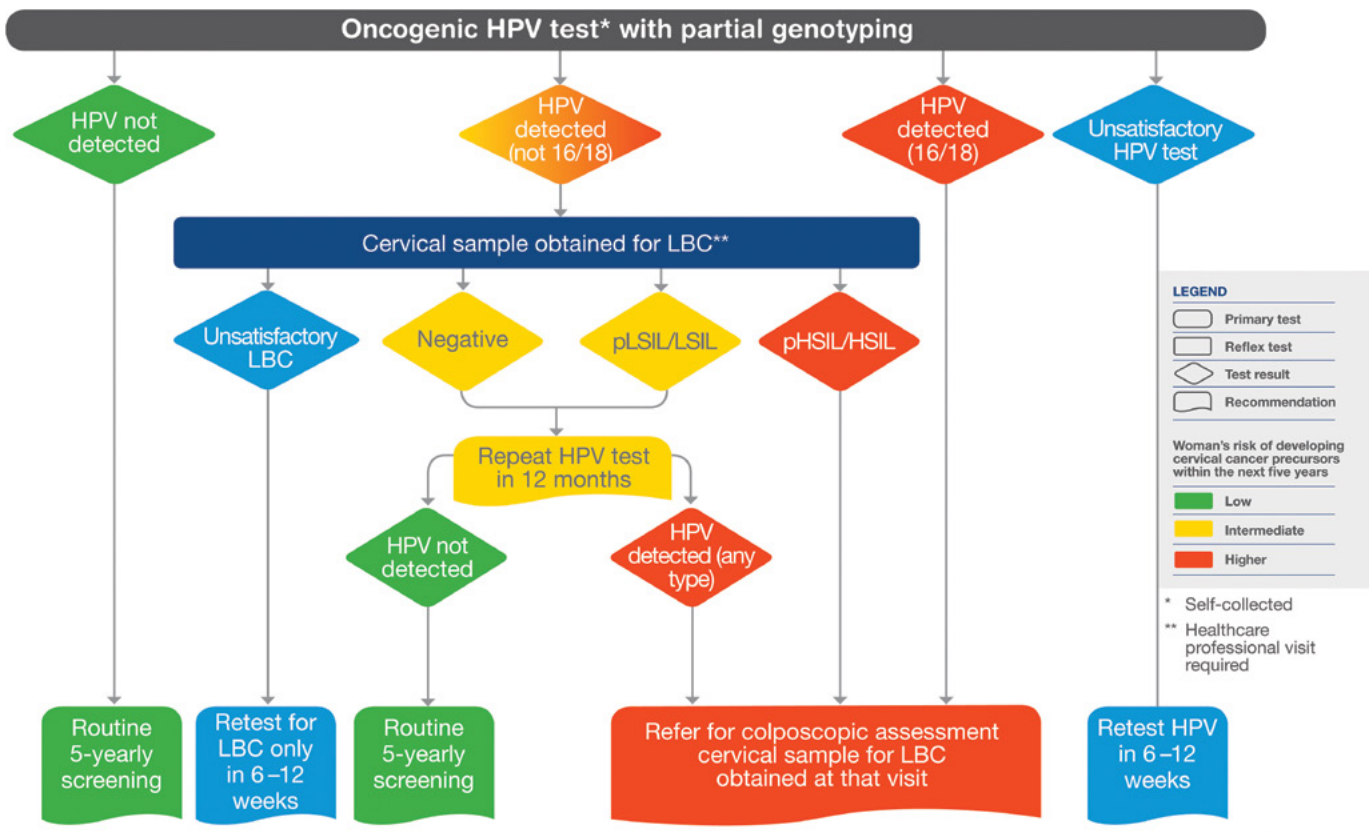
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Abnormal Cervical Screening Test (CST) Management – Colposcopy and LLETZ Procedures at FBW Gynaecology Plus

We know how unsettling abnormal CST can be for women and that access to timely colposcopy and LLETZ procedure can make all the difference in their peace of mind. Our Gynaecologists at FBW Gynaecology Plus offer an in-rooms LLETZ Clinic to reduce the wait for these services!

CERVICAL SCREENING PATHWAY FOR SELF COLLECTION



Suggested citation: Cancer Council Australia Cervical Cancer Screening Working Party. Clinical pathway: Cervical screening pathway for self collection. National Cervical Screening Program: Guidelines for the management of screen detected abnormalities, screening in specific populations and investigation of abnormal vaginal bleeding. CCA 2016. Accessible from http://wiki.cancer.org.au/australia/Guidelines/Cervical_cancer/Screening

**NATIONAL
CERVICAL SCREENING
PROGRAM**
A joint Australian, State and Territory Government Program

**Australian Government
Department of Health**

**Cancer Council
Australia**



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.