

Gynaecology

Tips

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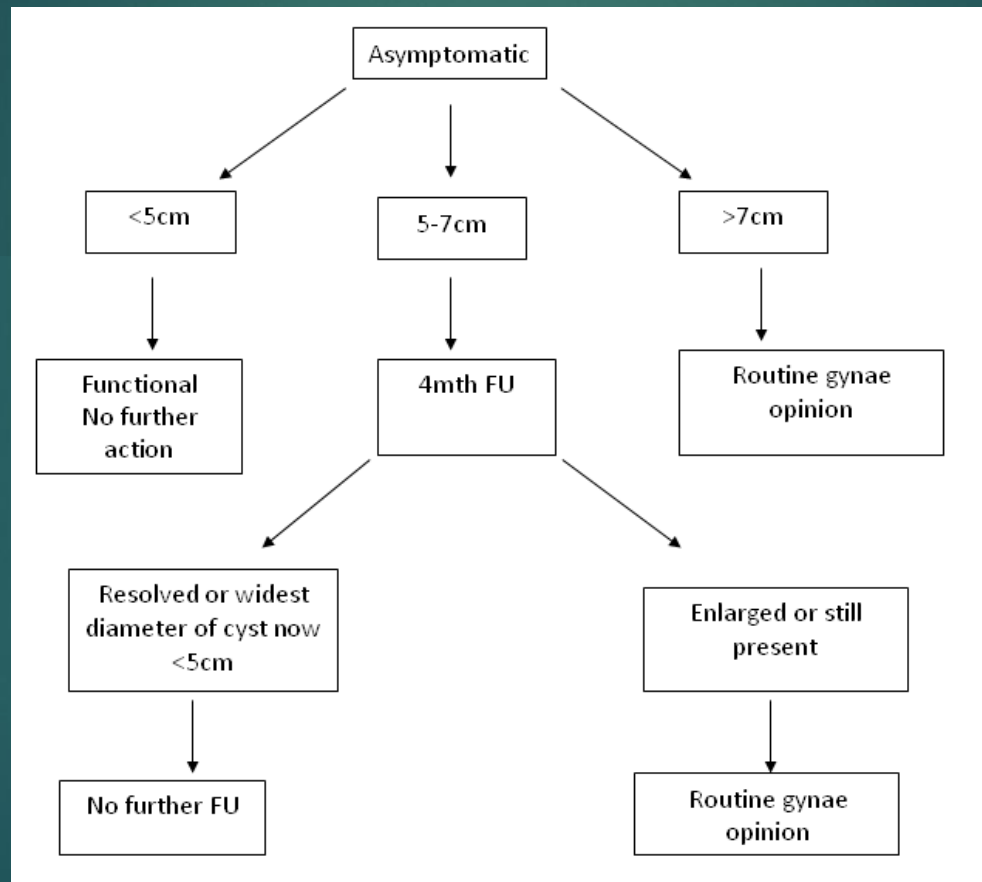
EMMA REYNOLDS



1/. Ovarian Cysts

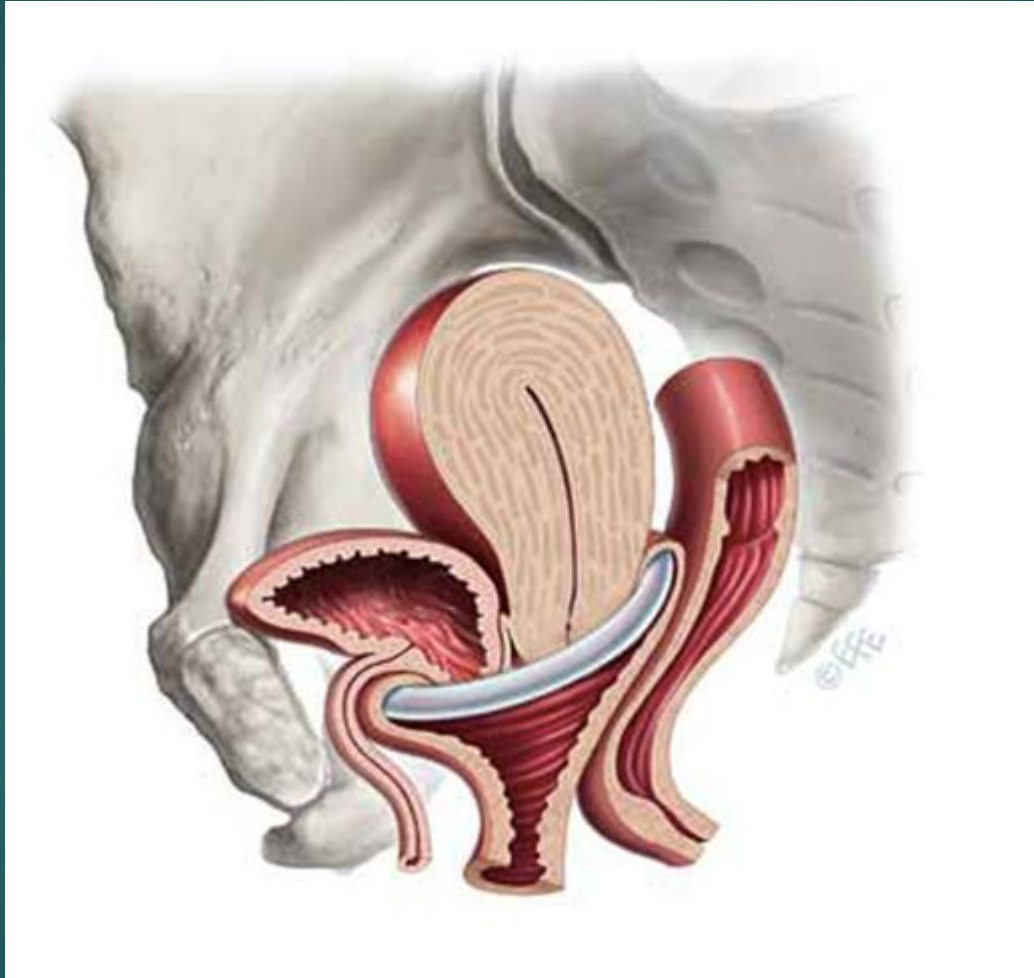


Pre-Menopausal, simple, asymptomatic cysts



2/.Prolapse



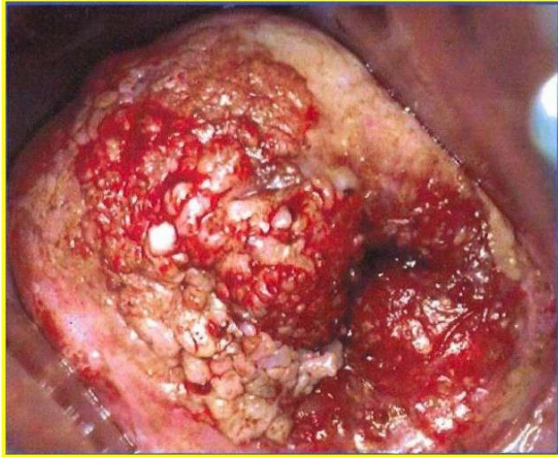


3/. Urogenital Symptoms of menopause

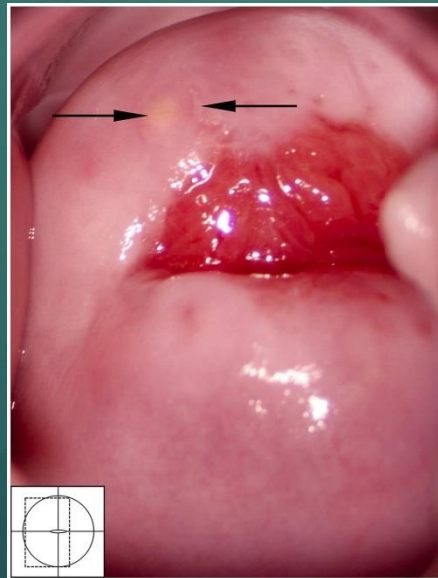
- ▶ **Symptoms related to vaginal atrophy are:**
- ▶ A reduction in the fullness of the vulva and the vagina.
- ▶ Dryness, itching and burning in the vagina or on the vulva.
- ▶ Pain during sexual intercourse.
- ▶ Vaginal bleeding.
- ▶ An increase in urinary tract infections due to a change in the acidity of the vagina.
- ▶ Vaginal discharge*

4/. Funny Looking Cervix

- ▶ Do a smear if due
- ▶ Ask someone more experienced to look – may be your practice nurse
- ▶ Consider whether HPV vaccinated.



Early invasive cancer Courtesy of Kathryn F McGonigle, MD.



5/. PCB

- ▶ Exclude infection/consider smear hx/HPV
- ▶ Only refer if has been going on for 3 or more consecutive cycles
- ▶ Examine – ectropion? Does pt want treatment? Fine not to.
- ▶ USS
- ▶ Is this “endometrial shedding” would stabilising endometrium help.

6/. PCOS

I'm so classy even my ovaries wear a string of pearls.

-PCOS-



somee cards
user card

- ▶ Diagnostic criteria – 2 out of 3
 - ▶ Oligo/amenorrhoea
 - ▶ Biochemical/clinical hyperandrogenism
 - ▶ Ultrasound appearance

Management

- ▶ Weight management improves all outcomes
- ▶ Induce a bleed every three months (COCP, provera) or use mirena
- ▶ Monitor cardiovascular risk factors

When to Refer

Everyone's getting pregnant
and having babies.....


And I'm just sitting here
making ovarian cysts



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7/. Menorrhagia

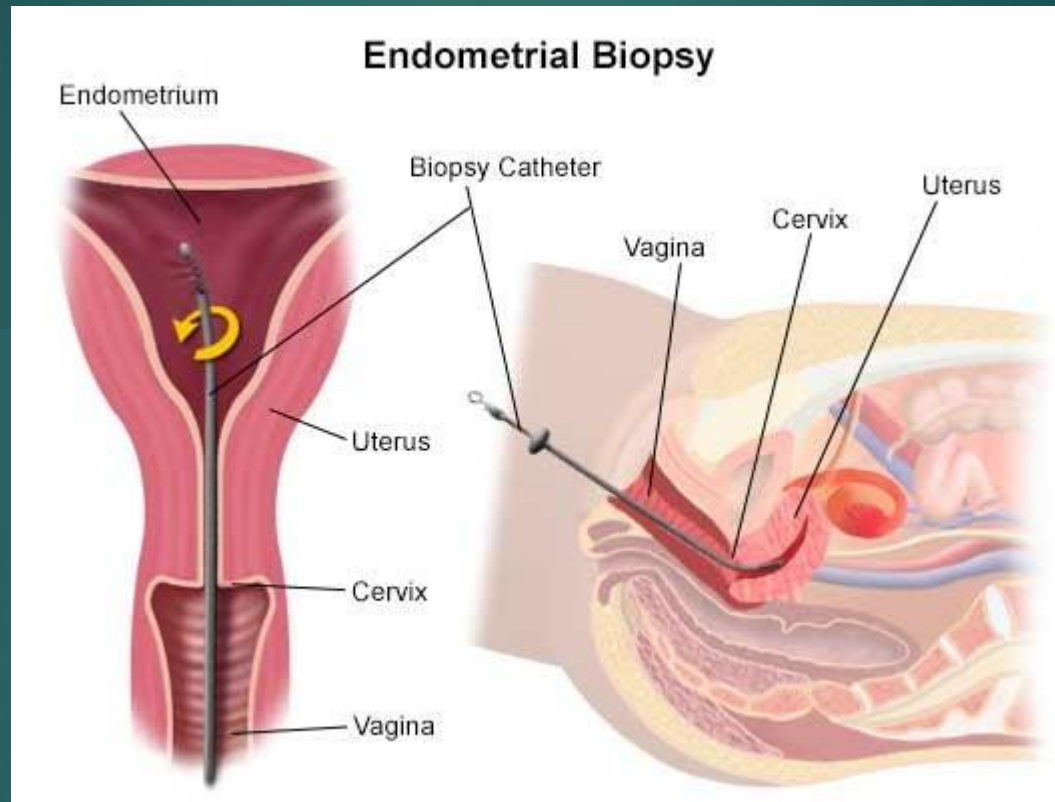


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- ▶ Pathways on the portal
 - ▶ Before referral ensure: Examine, bloods and TVS are done
 - ▶ Helpful to include in history, what's already been tried, current contraception, menstrual history, future fertility plans.

Who Needs a Pipelle

- ▶ >45 with a change to HMB or IMB
- ▶ >40 with risk factors –
obesity/T2DM/PCOS/tamoxifen use
- ▶ Pennant study -Risk of endometrial Ca with pre-menopausal HMB/IMB
 - ▶ HMB alone 0.33%
 - ▶ IMB 0.52%

Pipelle Biopsy



Endometrial thickness

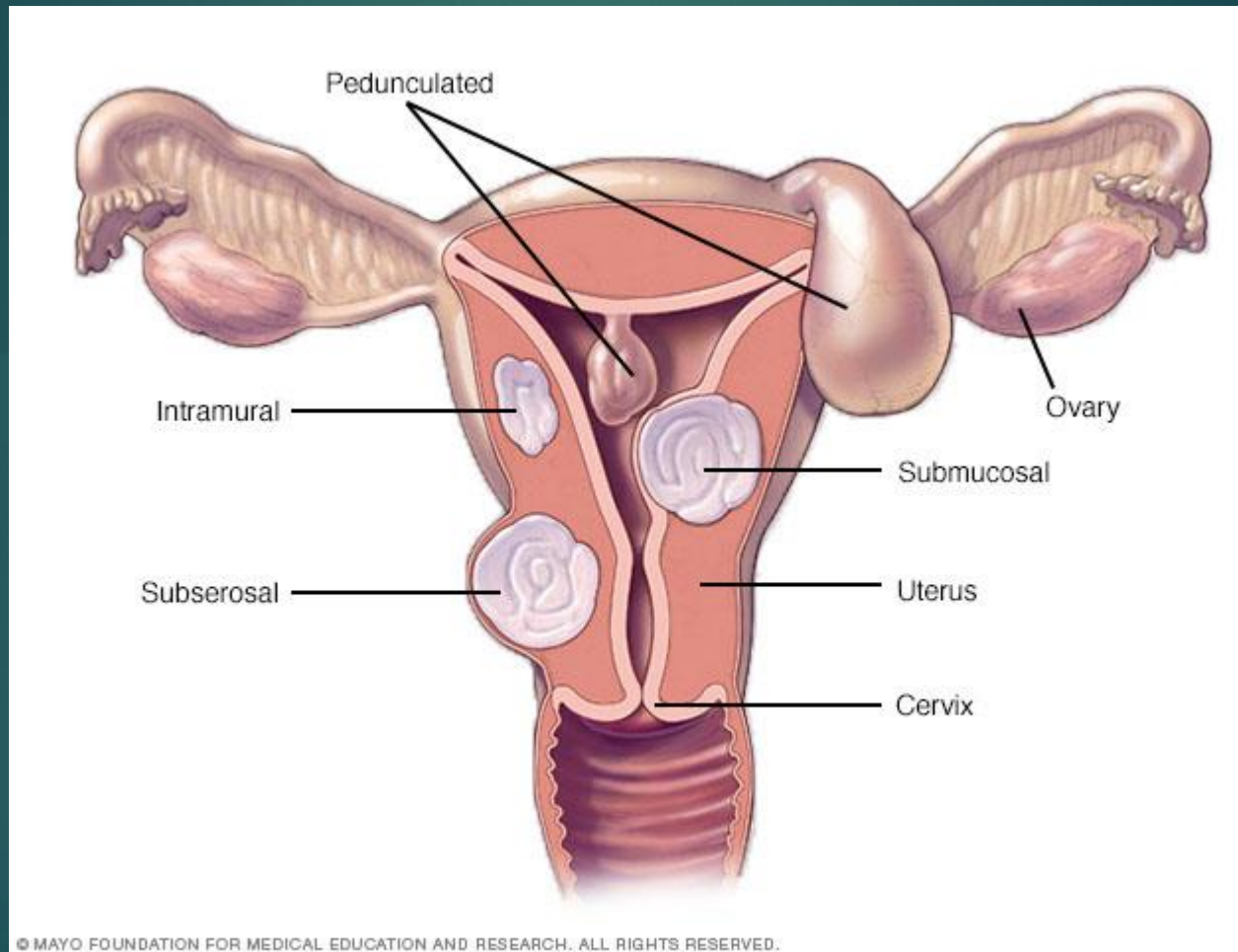
- ▶ Premenop
 - ▶ D4-10 5-7mm
 - ▶ Late prolif up to 11mm
 - ▶ Secretory up to 16mm
 - ▶ REFER if over 20mm



- ▶ Postmenop

- ▶ If bleeding refer >3mm
- ▶ If on HRT can accept up to 8mm
- ▶ If no bleeding (scan for another reason) refer if over 10mm ie 11mm or over

8/. Fibroids



9/. Dysmenorrhea



10/. Sterilisation

