



# GYNAECOLOGY SERVICES

In addition to caring for complex obstetric and fetal problems, Dr. Colin Walsh runs a busy private gynaecological practice. After completing routine specialist obstetrics and gynaecology training, he undertook a 3-year sub-specialty Urogynaecology fellowship at St George Hospital, Sydney. Dr. Walsh has a PhD in Urogynaecology (UNSW) and has published widely on the treatment of female gynaecological problems. At **SHORE FOR WOMEN** we offer high quality care for the full range of gynaecological issues, with particular expertise in female urinary incontinence and vaginal prolapse.

## FEMALE URINARY INCONTINENCE

Unwanted leakage of urine is highly embarrassing and affects women of all ages. There are 2 main causes:

### STRESS INCONTINENCE

- Urinary leakage with coughing, sneezing, laughing, intercourse or physical activity (e.g. sport)
- Very common after childbirth
- Affects 1-in-10 adult women
- Mild cases can be helped with pelvic floor muscle training
- The best treatment is surgery, which offers an 85% cure rate



Mid-urethral sling is the gold standard surgery for female stress incontinence

**BOTOX** injections may provide relief in cases of severe over-active bladder syndrome.

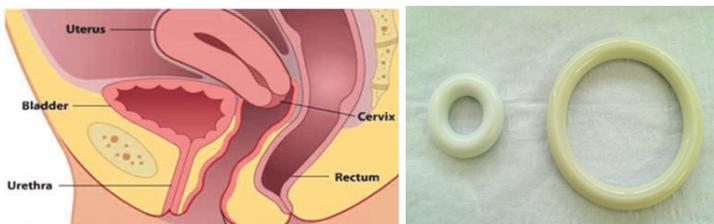


### THE OVERACTIVE BLADDER

- Affects 1-in-6 adult women
- Typically leakage with a sudden urgent desire to use the toilet
- Precise cause is unknown but more common in women with recurrent cystitis
- No proven cure. Treated with bladder training and medication
- BOTOX injections for severe cases

## VAGINAL PROLAPSE

- ◆ Prolapse means a bulging of the bladder, bowel, uterus or cervix down into the vagina
- ◆ 40% of women have some degree of prolapse
- ◆ Prolapse may cause no symptoms, or a feeling of pressure in the vagina, often with associated bladder and bowel symptoms and painful sexual intercourse



- ◆ Treatment of prolapse aims to improve symptoms – women with no symptoms do not need treatment
- ◆ Vaginal surgery is the primary treatment for prolapse
- ◆ Women who do not want surgery can use a vaginal pessary (support device) to improve symptoms



## MENSTRUAL DISORDERS

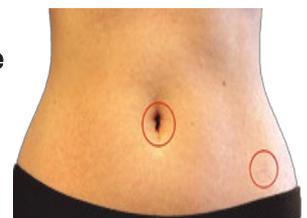
- ◆ We have cared for hundreds of women with heavy, irregular or painful periods, or bleeding after intercourse
- ◆ Most women's symptoms improve greatly with oral medication, the contraceptive pill or the **Mirena®** intrauterine system



## ROUTINE GYNAECOLOGICAL CARE

As an experienced gynaecological practice, **SHORE FOR WOMEN** regularly treats women of all ages for:

- ◆ **Contraceptive advice**
- ◆ **Routine pap smears**
- ◆ **Ovarian cysts**
- ◆ **Fibroids**



A highly-experienced gynaecological surgeon, Dr. Colin Walsh is fully qualified to offer women the whole range of surgical and non-surgical treatment options for their gynaecological symptoms. This ensures he always recommends the right individual therapy for the right patient.