



e-update

FEATURE



Primary Care
Women's Health
Forum **Webinars**

PCWHF Webinar Series

Our next webinar, Prescribing HRT in general practice, will be held on Wednesday 4th October 2017.

[> More information](#)

A WORD FROM THE CHAIR

The NICE guidance on endometriosis: diagnosis and management was published this month and has been well received by patients and clinicians.

nice.org.uk/guidance/ng73

Endometriosis is one of the most common gynaecological diseases requiring treatment, affecting up to 10% of women of reproductive age in the UK. This is a complex long-term condition, and can have a significant physical, sexual, psychological and social impact.

Symptoms of endometriosis are variable and clinical findings usually minimal, making this difficult to diagnose. The delay in diagnosis, an average of 7.5 years, can be a factor in increasing not only the short-term morbidity but also the long-term consequences of the disease: chronic pelvic pain, subfertility, psychological distress.

The guidance encourages clinicians to suspect endometriosis in women (including young women aged 17 and under) presenting with one or more of the following symptoms or signs:

- Chronic pelvic pain
- Dysmenorrhoea affecting daily activities and quality of life
- Deep pain during or after sexual intercourse
- Period-related or cyclical gastrointestinal symptoms, in particular, painful defaecation
- Period-related or cyclical urinary symptoms, in particular, haematuria or dysuria
- Infertility in association with one or more of the above

The recommendations include the importance of offering an abdominal and pelvic examination to women with suspected endometriosis to identify abdominal masses and pelvic signs, such as reduced organ mobility and enlargement, tender nodularity in the posterior vaginal fornix, and visible vaginal endometriotic lesions.

The investigation of choice is a transvaginal ultrasound, even if the pelvic and/or abdominal examination is normal, to identify endometriomas and deep endometriosis involving the bowel, bladder or ureter.

As endometriosis is an oestrogen-dependent condition, most drug treatments for endometriosis work by suppressing ovarian function, and are contraceptive. But, when considering treatment options it is important to determine a woman's requirement for fertility and offer:

- Analgesia, including consideration of neuro-modulators
- Hormonal treatments – including any contraceptive method working by preventing ovulation or providing local progestogens (LNG-IUS)

We are recommended to consider referring women for gynaecology opinion if:

- They have severe, persistent or recurrent symptoms of endometriosis.
- They have pelvic signs of endometriosis or initial management is not effective, not tolerated or is contraindicated.
- If it is the woman's choice.

Complicated endometriosis treatments should be provided by a specialist endometriosis centre and may require multi-disciplinary team involvement. The recurrence rates post-surgery are high and require several surgical procedures, each with reducing benefits.

The guidance includes an algorithm for clinicians:

<https://www.nice.org.uk/guidance/ng73/resources/algorithm-for-diagnosing-and-managing-endometriosis-pdf-4595719645>

Plus information for patients:

<https://www.nice.org.uk/guidance/ng73/informationforpublic>

Endometriosis UK provides many useful resources to help advise clinicians and patients on endometriosis and offers support for patients:

www.endometriosis-uk.org/information

A patient symptom diary can be downloaded from the Endometriosis UK website for assistance with diagnosis and monitoring treatment outcomes:

<https://www.endometriosis-uk.org/publications>

Dr Anne Connolly

Chair, Primary Care Women's Health Forum

RESOURCES

Guidelines

The FSRH 'Contraception for Women Aged Over 40 Years' has been published. This offers advice not only for contraceptive choices for women aged over 40 but also for advice about improving sexual health in women with menopausal symptoms and the use of contraception along with HRT.

<https://www.fsrh.org/standards-and-guidance/documents/fsrh-guidance-contraception-for-women-aged-over-40-years-2017/>

Interim RCOG/RCMPHE/HPS clinical guideline. Zika Virus Infection and Pregnancy Information for Healthcare Professionals: Updated 24/07/2017 (First published on 17/06/16)

<https://www.rcog.org.uk/globalassets/documents/news/zika-virus-rcog-july-2017.pdf>

Papers

JAMA – Manson J et al: Menopausal Hormone Therapy and Long-term All-Cause and Cause-Specific Mortality

<http://jamanetwork.com/journals/jama/article-abstract/2653735>

This paper provides long-term follow-up of the women who were entered into The Women's Health Initiative Trial. The results confirm that postmenopausal women treated with hormone therapy with CEE plus MPA for a median of 5.6 years or with CEE alone for a median of 7.2 years, were not associated with risk of all-cause, cardiovascular, or cancer mortality during a cumulative follow-up of 18 years.

Obesity type affects breast cancer

risk. <http://theoncologist.alphaedpress.org/content/early/2017/08/25/theoncologist.2017-0148.full.pdf+html>

Guidelines in Practice

The publication Guidelines in Practice now has individual landing pages for each clinical area - the one on women's health is available at: www.guidelinesinpractice.co.uk/clinical-area/womens-health

This publication is free to join and has separate publications for doctors and nurses.

Articles published recently include:

A summary of the PCWHF guidance on the diagnosis and management of urogenital atrophy or genitourinary syndrome of the menopause (GSM) in primary care, and when to refer to secondary care, written by Louise Newson on our behalf.

<https://www.guidelinesforurses.co.uk/womens-health/guidance-on-diagnosis-and-management-of-urogenital-atrophy-or-genitourinary-syndrome-of-the-menopause-gsm/453445.article>

Article on FSRH Emergency Contraception Guidance written by the Director of the FSRH Clinical Effectiveness Unit, Sarah Hardman.

www.guidelinesinpractice.co.uk/womens-health/informed-choice-is-the-cornerstone-of-effective-emergency-contraception/453485.article

A Guideline article on osteoporosis – an overview on the recently updated NOGG guideline written by the National Osteoporosis Guideline Group.

<https://www.guidelines.co.uk/musculoskeletal-and-joints-/nogg-2017-clinical-guide-line-for-the-prevention-and-treatment-of-osteoporosis/453250.article>

INFORMATION

Patient information

Target Ovarian Cancer have updated their ovarian cancer symptom guide which can be downloaded for use.

<http://www.targetovariancancer.org.uk/sites/default/files/Target-Ovarian-Cancer-symptoms-leaflet.pdf>

Other information

PHE recommendations on making cervical screening more accessible, with useful infographics and information about local screening performance.

<https://www.gov.uk/government/publications/health-matters-making-cervical-screening-more-accessible/health-matters-making-cervical-screening-more-accessible--2>

A write-up of a recent working party held between the RCOG and BPAS intersection of disability and reproductive rights, centering disabled women and their experiences in discussions of sexual and reproductive health.

Reproductive Rights: What Do They Mean for Disabled Women?

<https://www.bpas.org/media/2030/reproductive-rights-and-disability-event-write-up-final.pdf>

WEBINARS & EVENTS

A series of free webinars

Prescribing HRT in general practice

Date: Wednesday 4th October 2017 at 7pm

Speakers: Dr Sarah Gray & Dr Louise Newson

Cervical and vulval diseases

Date: Wednesday 1st November 2017 at 7pm

Speakers: Dr Anne Connolly & Dr Christine Corrin

Combined hormonal contraception

Date: Wednesday 6th December 2017 at 7pm

Speakers: Dr Paula Briggs & Dr Julie Oliver

To support the launch of the PCWHF guidelines on urogenital atrophy, we are running the following webinar:

Date: Wednesday 11th October

Speakers: Dr Carrie Sadler & Dr Louise Newson

[Register for a webinar](#)

Primary Care Women's Health Forum Conference

Wednesday 8 November 2017

The Met Hotel, Leeds

[> More information](#)

[> Registration](#)

CONTACT

General Enquiries

Any comments, queries or for general information.

[> email us](#)

Submissions

If you have any work which you think could be of interest to our members, please submit it for review.

[> email us](#)

Press

If you would like us to comment or have a story of interest, please get in touch.

[> email us](#)

Sponsorship

We have a number of sponsorship opportunities available. Please contact us to discuss a package that suits you.

[> email us](#)

