Dr Hannah Blakely

Clinical Psychologist

Oxford Women's Health

Ms Julee Binns

Consultant Physiotherapist

Oxford Women's Health, Christchurch

Sara Widdowson

NZ Registered Dietitian

Christchurch Public Hospital

Dr Ben Sharp

Gynaecologist and Obstetrician

Christchurch Women's Hospital, Christchurch

Sunday, August 14, 2016

(Plenary)

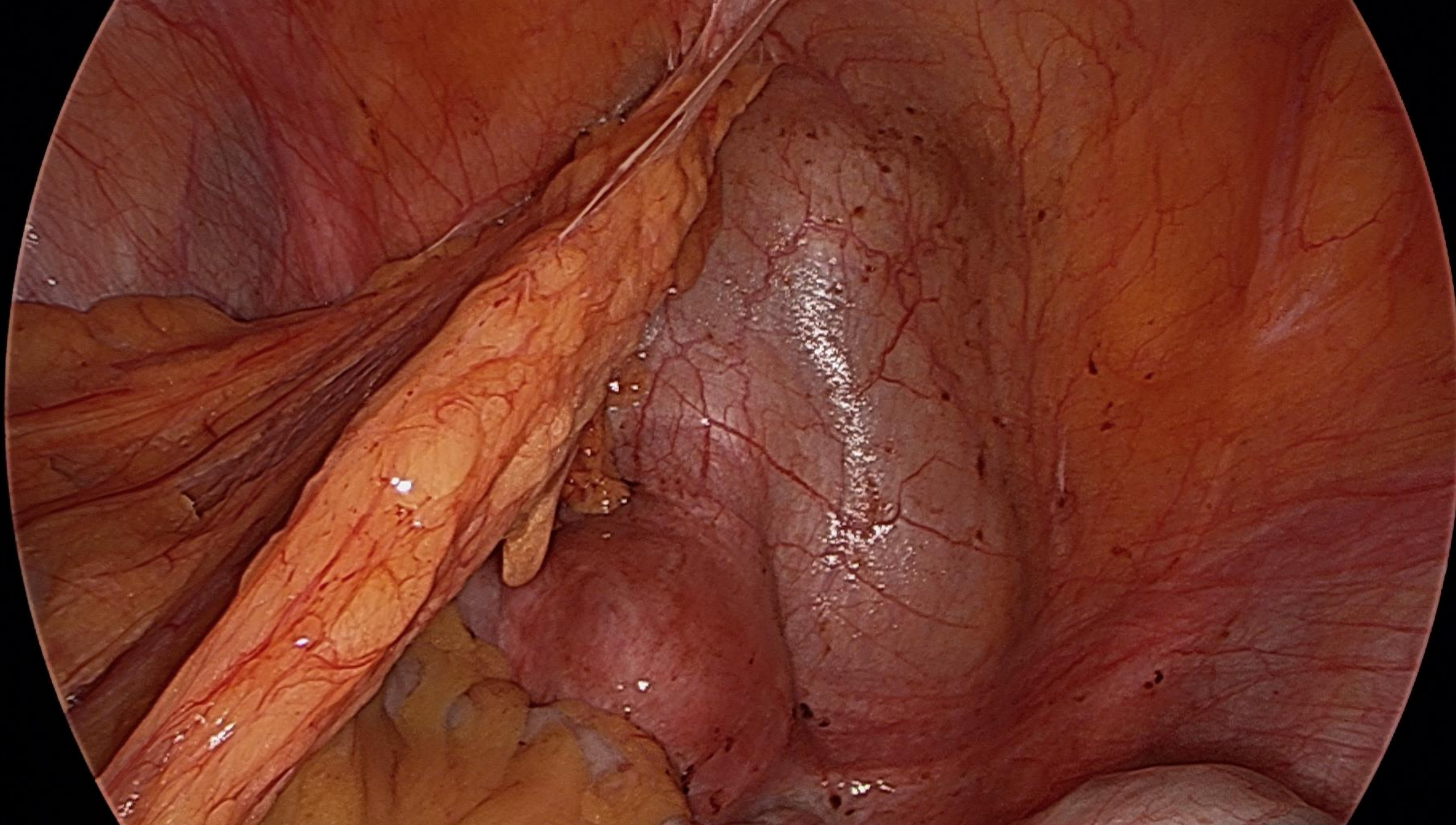
7:15 - 8:15 Breakfast Session: Oxford Women's Health

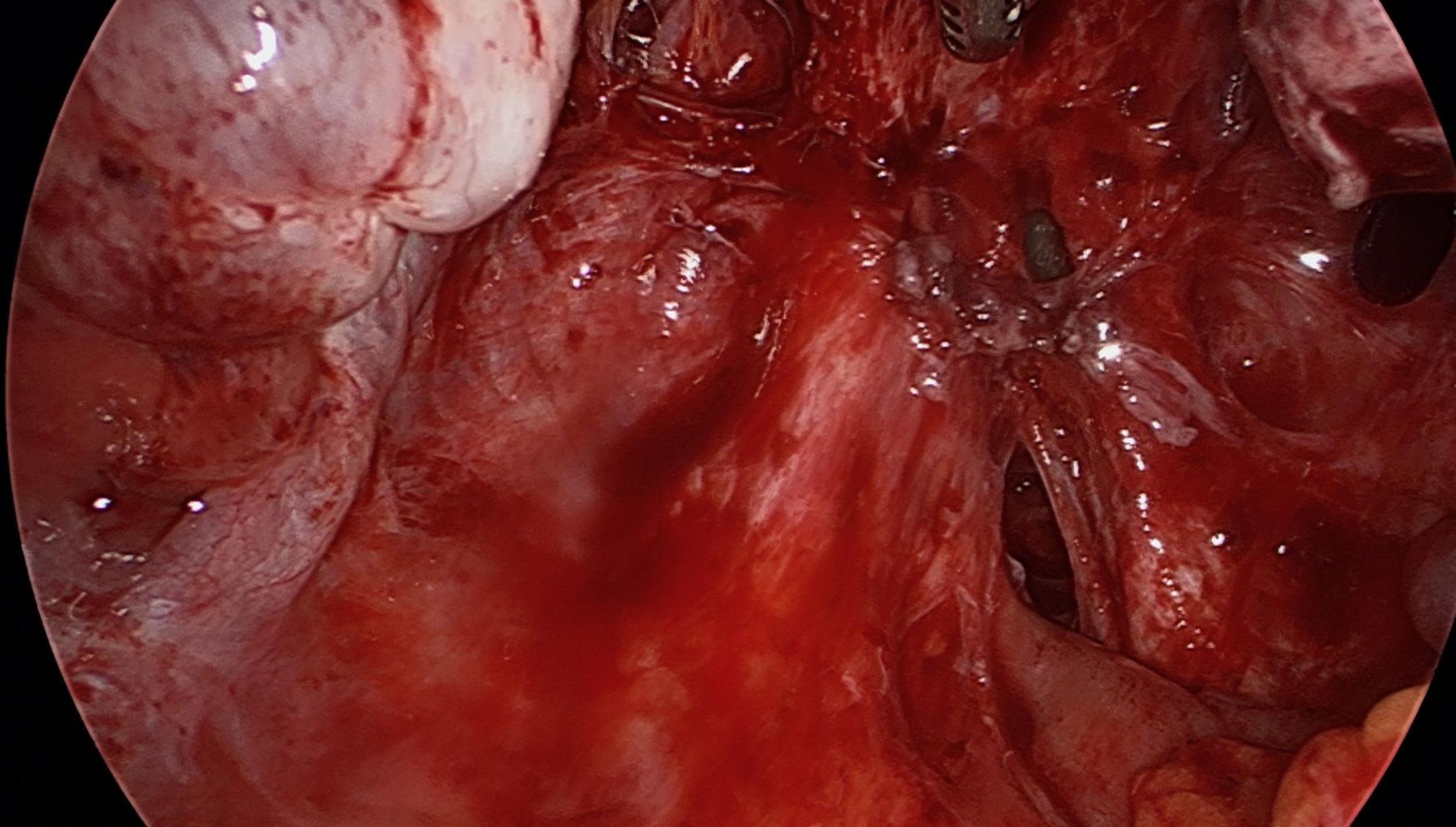
Multidisciplinary aspects of pelvic pain August 2016

Ben Sharp

Oxford Women's Health

Christchurch





"Never, ever, think outside the box."

So, what do I mean?

Causes of pelvic pain

- Endometriosis
- Adenomyosis
- Ovarian problems
- PID
- Fibroids
- Vulvodynia
- Vaginismus
- Pregnancy
- Prolapse
- Pudendal neuralgia/MSS problems
- Sexual abuse

- UTI
- Interstitial cystitis
- Stone
- Appendix
- Diverticular disease
- Inflammatory bowel
- Herniae
- Obstruction
- Constipation
- IBS
- Depression
- cancer

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- Diagnosed with endometriosis 2015 with resection mild stage 1 disease in *ovarian fossae and over bladder. Bowel appeared normal.*
- Improved but not perfect after resection.

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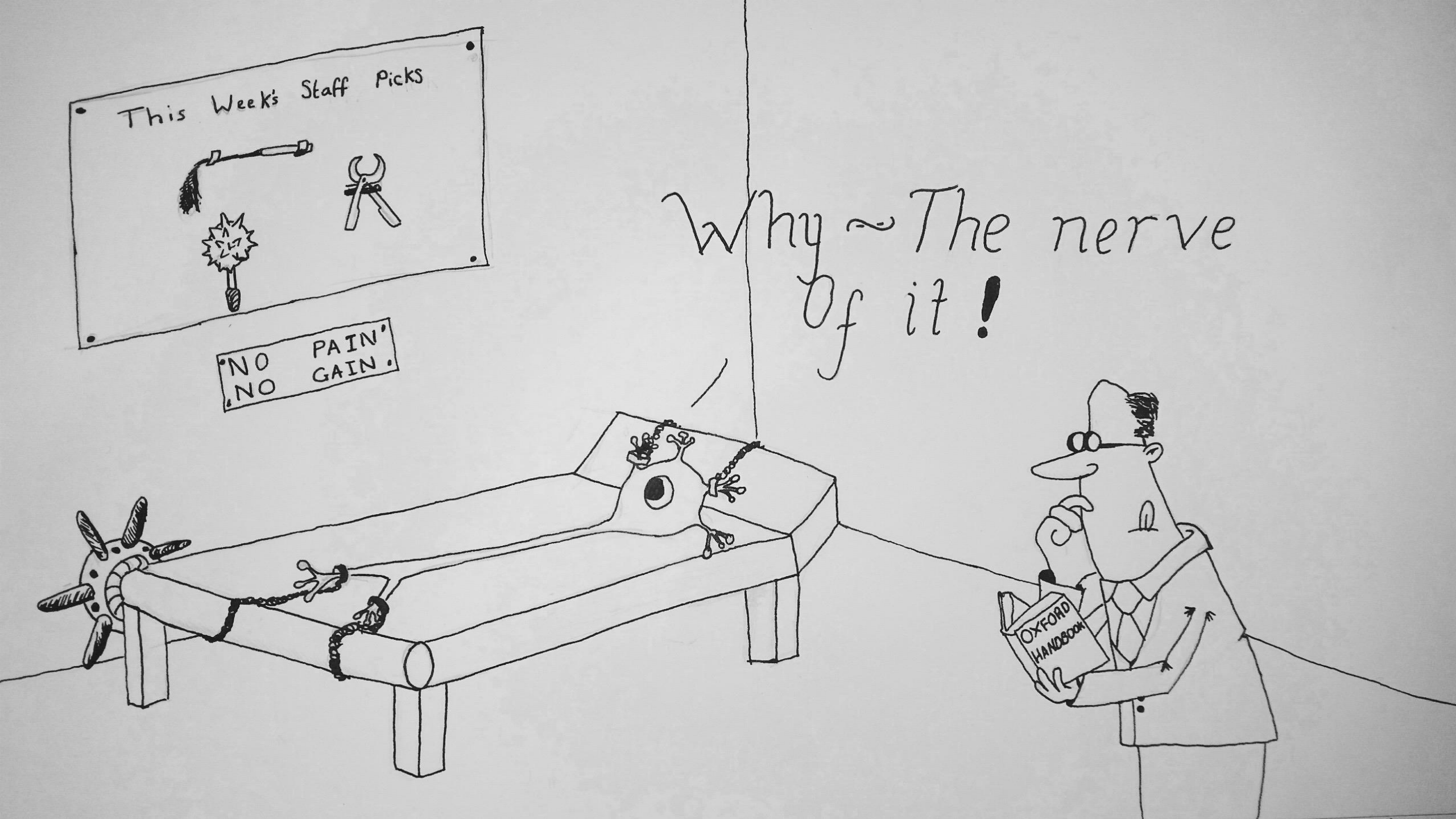
- Improved but not perfect after resection.
- Advised to see dietician (again!) who suggested FODMAP – symptoms resolved


This Week's Staff Picks
'NO PAIN' 'NO GAIN'
Why ~ The nerve of it!
OXFORD HANDBOOK

So, who do we need?

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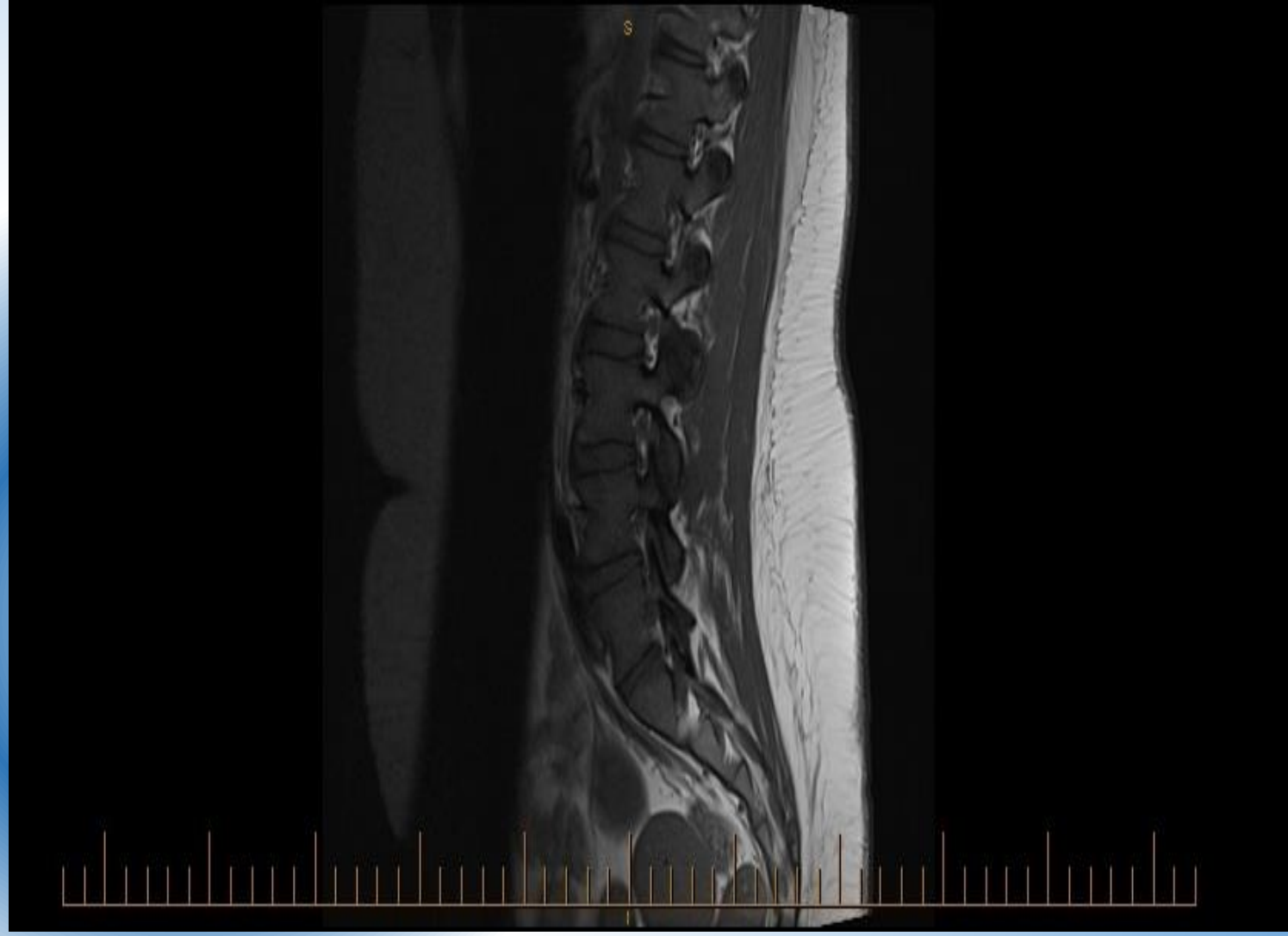
Thoughts?

At the L4/5 disc level, there is a mild to moderate central right and left paracentral broad based protrusion with associated annular tearing and some mild ligamentum flavum hypertrophy. These changes are leading to some moderate right and left lateral recess narrowing but no frank mechanical nerve root compromise.



Canst thou not minister to a mind diseased,
Pluck from the memory a rooted sorrow,
Raze out the written troubles of the brain
And with some sweet oblivious antidote
Cleanse the stuffed bosom of that perilous stuff
Which weighs upon the heart?

Macbeth

The Lancet Feb 2014

The sexual assault rate in New Zealand is far higher than the world average. It placed the country third highest, alongside Australia, with 16.4% of women reporting sexual assault at some point in their lives

Thank You