

Advances in Gynaecological Treatment


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Management; last 20 years


- What has changed?
- What has not changed (much)?
- What should change?




What has changed?

- Miscarriage, medical abortion
 - Menorrhagia
 - Menopause
 - Laparoscopic surgery
 - Urinary incontinence
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Abortion

- Misoprostol
 - RU 486 (Mefipristone)
 - Can manage > 80-90 % of abortion less than 8 weeks and should be the method of choice
 - Surgical evacuation: backup
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Miscarriage

- Supervised conservative management is safe
 - Misoprostol can help
 - Surgical evacuation a back up
 - Costs lower
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Menorrhagia

➤ Hysterectomy should be reduced

➤ Mirena:

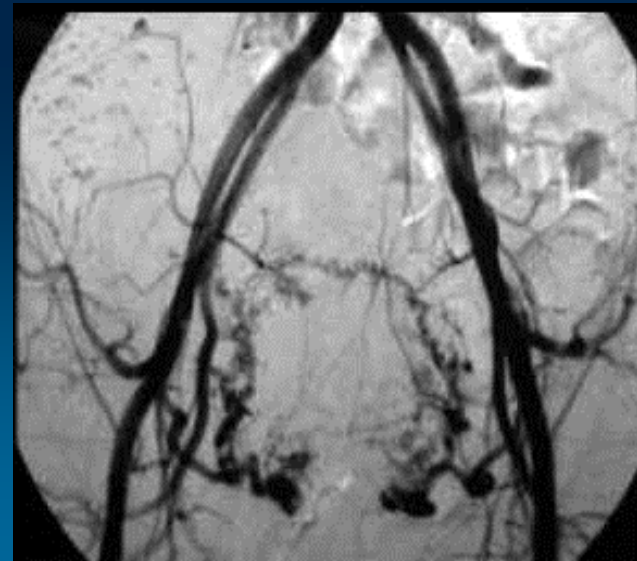


➤ Endometrial ablation:




Fibroids

- Fibroids (almost never) do not turn malignant
- More conservative management: uterine artery embolization



Menopause

- Routine HRT not recommended
 - Symptomatic treatment short term
 - Long term HRT: start early rather than late
 - Other drugs against osteoporosis
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Women's Health Initiative Trial

■ Background/Overview

■ Update

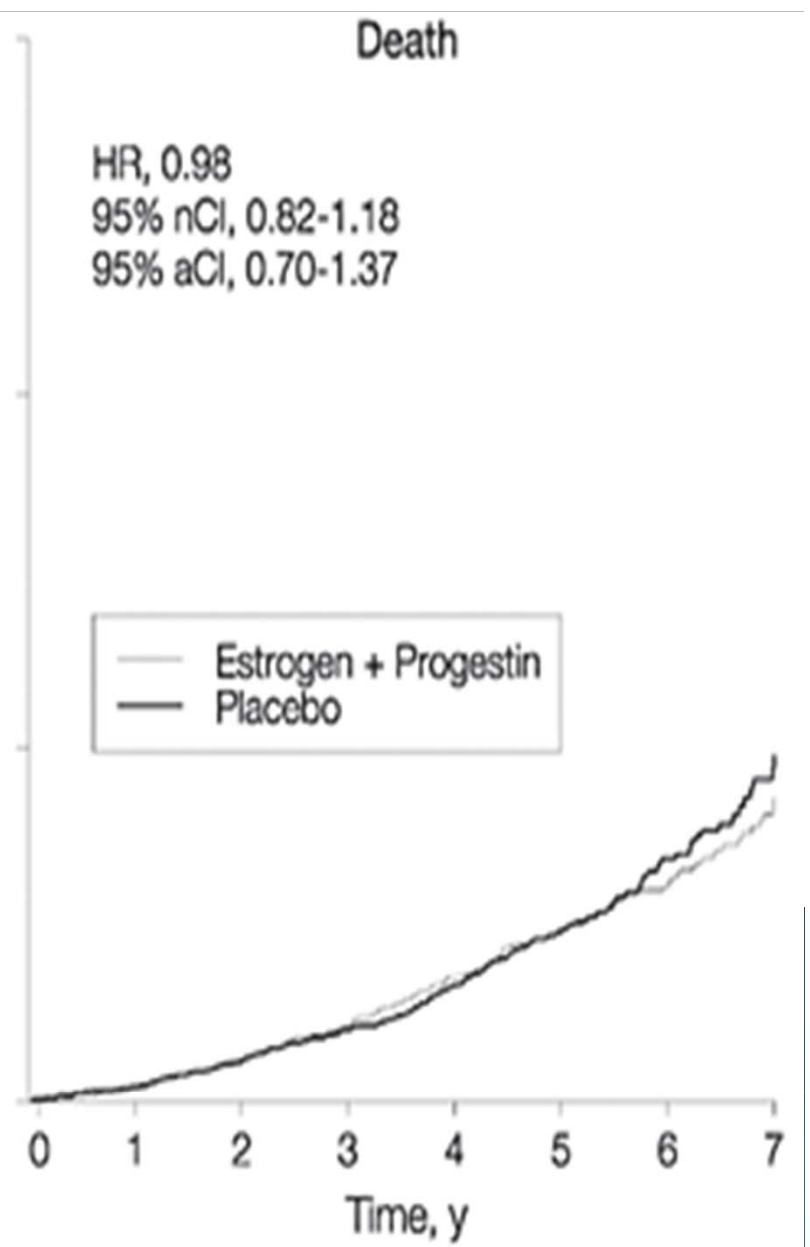
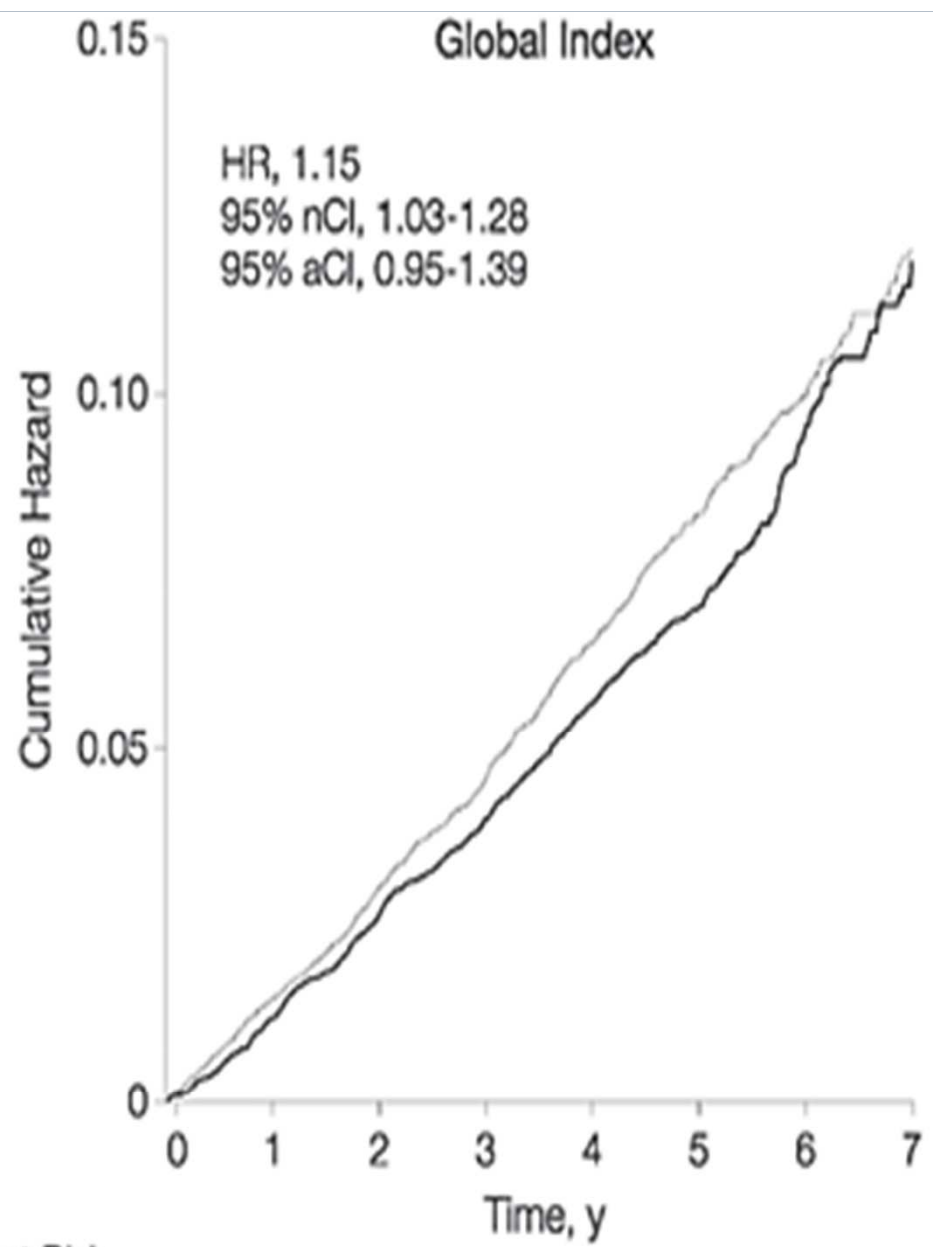
■ Why WHI?

■ Clinical Trials/Observational
Study Locations

■ Community Prevention
Study Locations



- A RCT primary prevention trial in which 16,608 women aged 50-79 years with intact uterus
- Planned duration 8.5 years

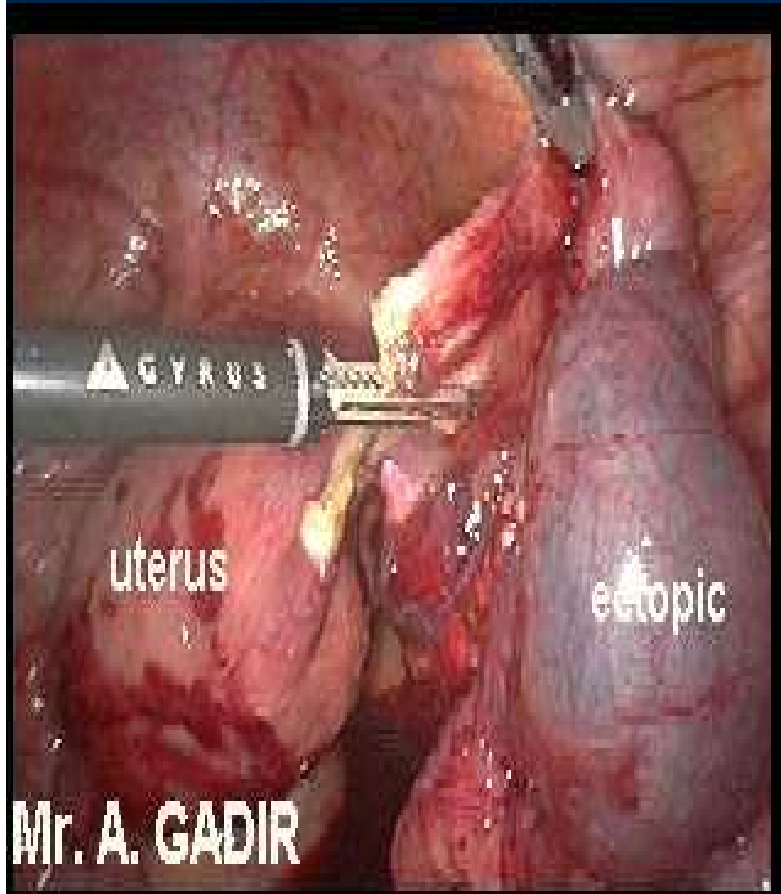


No. at Risk

Estrogen + Progestin	8506	8291	8113	7927	6755	4058	1964	758
Placebo	8102	7939	7774	7607	6425	3794	1662	495

8506	8388	8313	8214	7095	4320	2121	828
8102	8018	7936	7840	6697	3985	1777	530

Endoscopic surgery

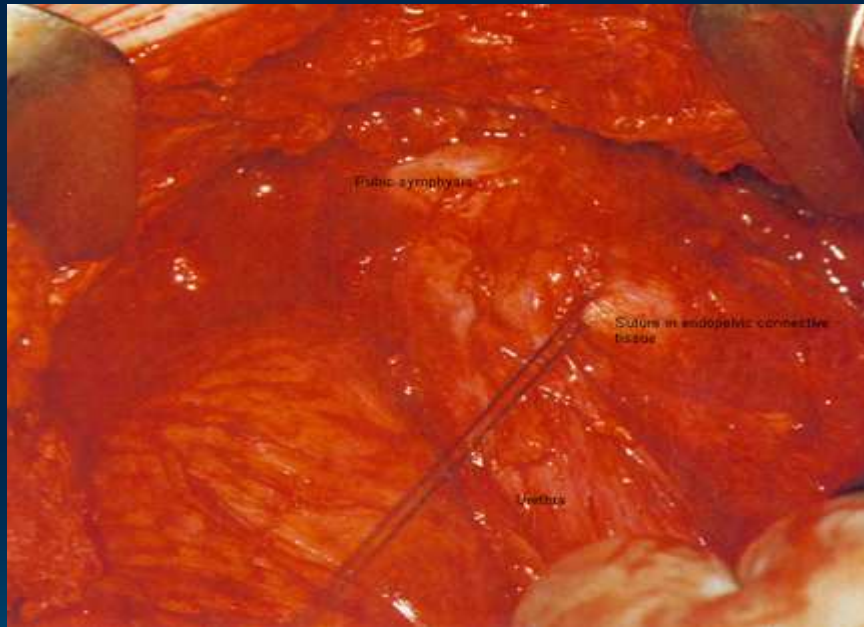


Robotic surgery



Urinary incontinence

➤ Vaginal tapes




HPV: vaccination & diagnosis

- HPV probes will supplant cytological screening
- HPV vaccination will lead to a >90 % fall in mortality and morbidity from cervical cancer



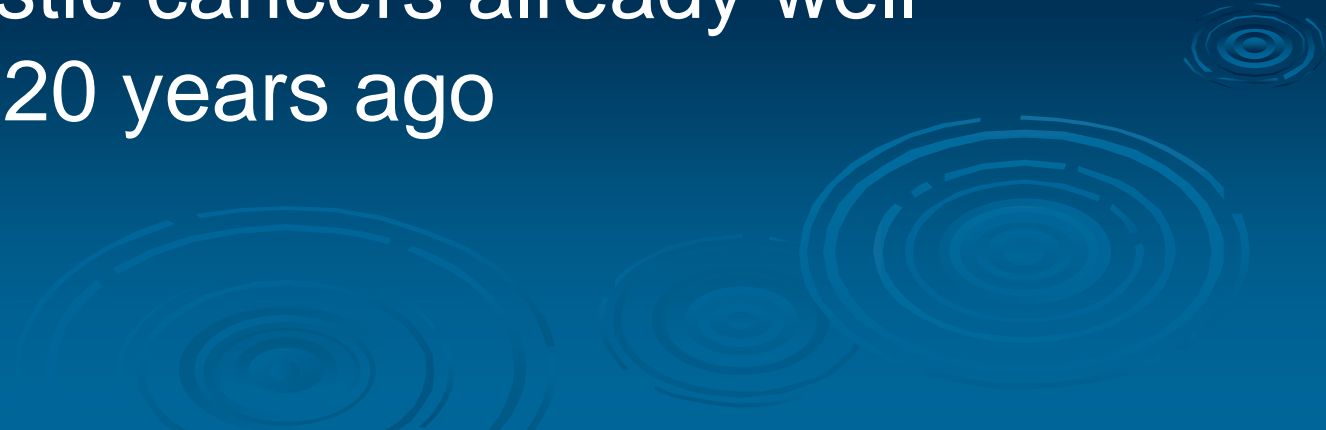
What has not changed?

- ART
 - Oncology (except HPV vaccination)
 - Psychological issues
 - Contraception
 - Infections
 - Endometriosis
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ART

- Importance of epidemiology
- Age : >40, all ART technology does not significantly improve chances of take home baby except for tubal factor infertility
- Incremental improvement; egg freezing, Pre Implantation diagnosis, regulation


Oncology

- No significant improvements in outcomes of ovarian, cervical or endometrial cancers
 - Incremental improvements e.g. Taxol
 - Trophoblastic cancers already well controlled 20 years ago
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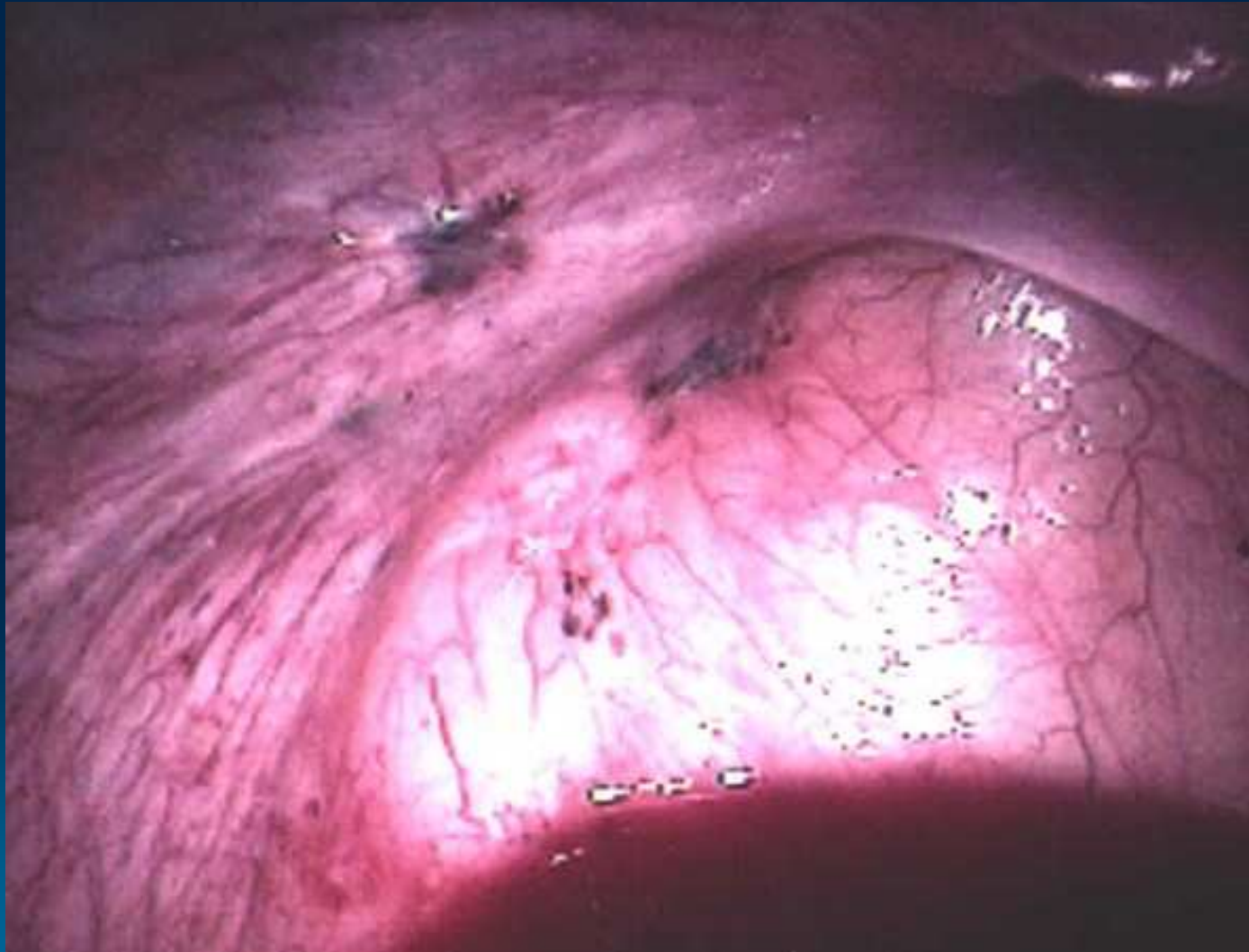
HPV Screening Trials 2

- Naucner P et al. NEJM 2007;357:1589-97
- >12,000 subjects
- Pap alone or with HPV (14 high risk serotypes)
- 42 % reduction in detection of high grade CIN or Cancer in subsequent screening in combined group


Contraception

- Most methods, used properly, are highly effective
 - User independence a crucial factor
 - Implants
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Endometriosis



Psychological issues

- Common but what can be done?
 - Effectiveness of intervention
 - Gynaecologist surrogate psychologist
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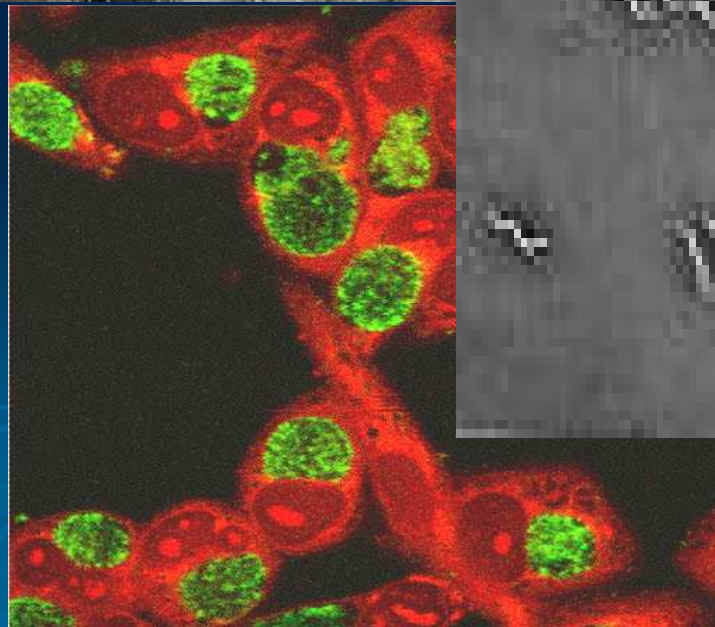
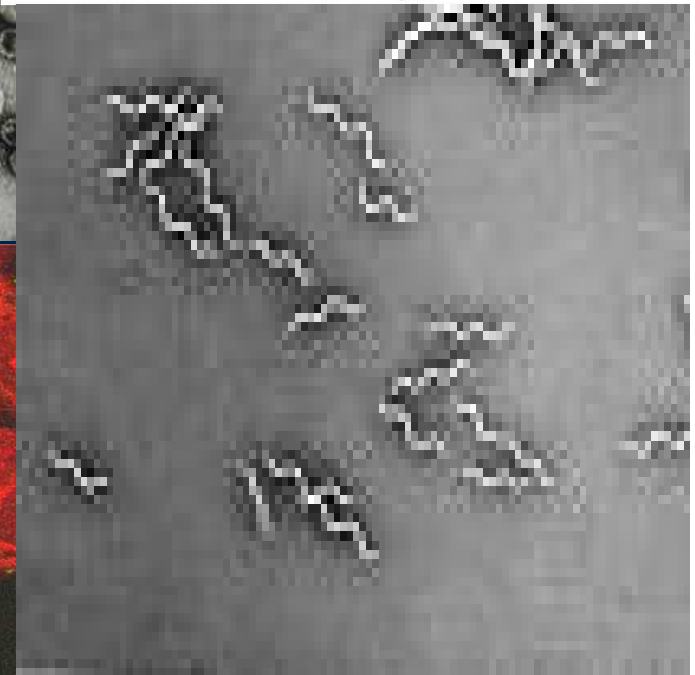
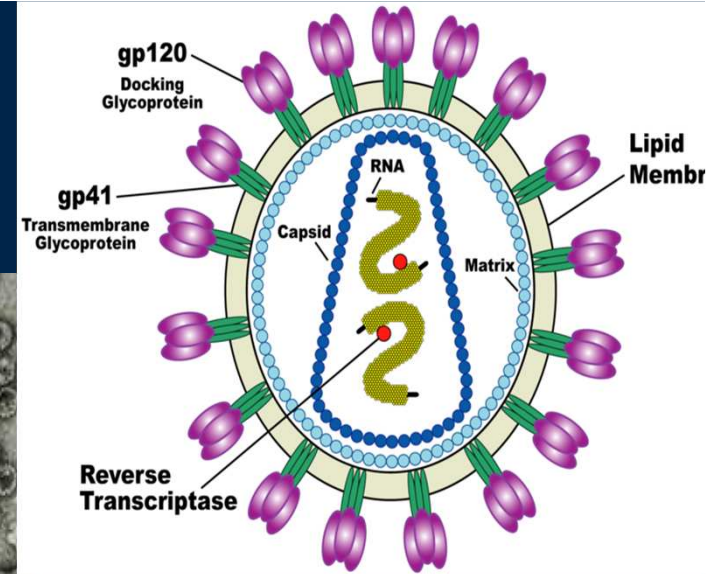
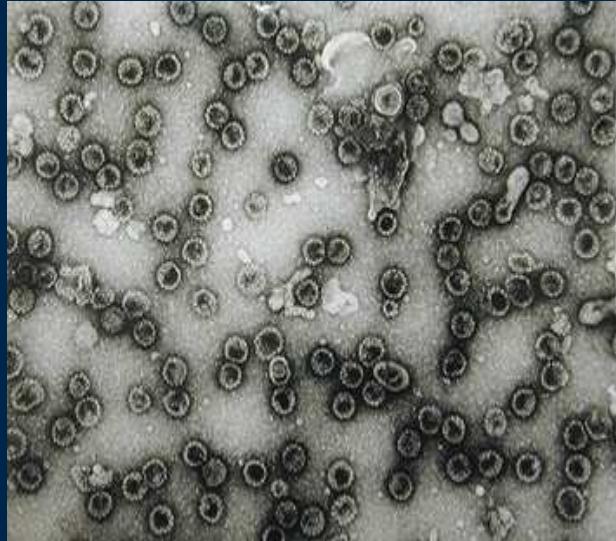
STI

➤ HIV


➤ HPV

➤ Syphilis


➤ Chlamydia



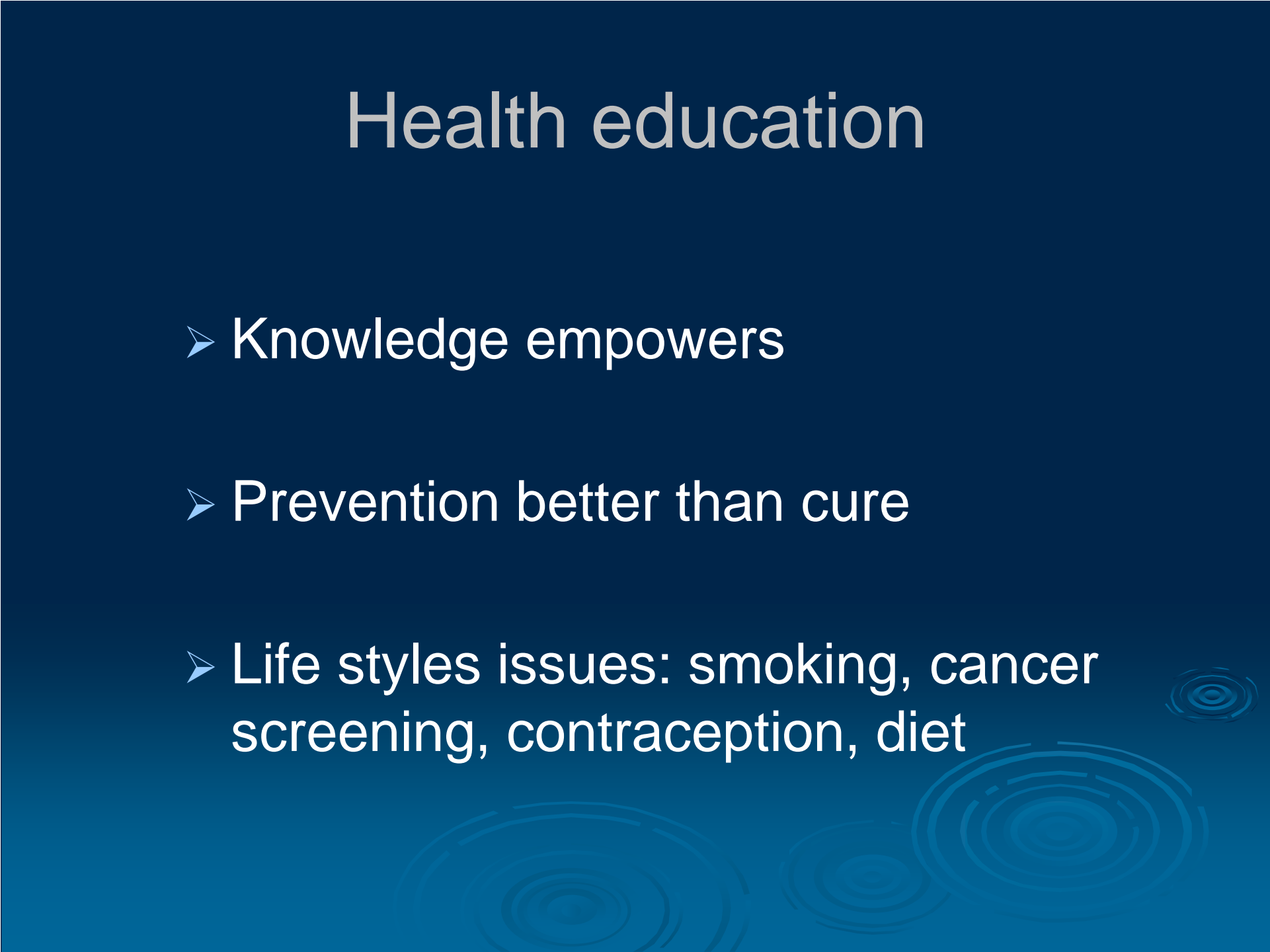
What needs to change?

- Sex education and contraception
 - Health education
 - Holistic care
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Sex education & contraception

- Sex is part of life
 - Earlier sexual debut
 - 50 % of women presenting for antenatal care for the first time has had an abortion
 - Available contraception methods are highly effective used properly
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Health education

- Knowledge empowers
 - Prevention better than cure
 - Life styles issues: smoking, cancer screening, contraception, diet
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Lifestyle



The Chinese University of Hong Kong

