

SYDNEY ULTRASOUND *for* WOMEN



Caring for Women's Health



Sydney Ultrasound for Women

Sydney Ultrasound for Women (SUFW) is a medical practice devoted solely to meeting the needs of women at various stages :

- Teenagers and young women experiencing menstrual problems
- Women who are trying to become pregnant
- Pregnant women
- Women of all ages with gynaecological disorders
- Women suffering menopausal symptoms
- Women concerned about cancer of the ovary or endometrium

We are committed to providing the best diagnostic ultrasound service for women, delivering the highest quality health care with professionalism and sensitivity.

SUFW is not an X-ray practice. Our doctors are all specialist obstetricians (specialists who look after pregnant women) and gynaecologists (specialists who treat all women's health problems) who have further specialised in ultrasound, high risk obstetrics and reproductive genetics (the study of birth defects or inherited characteristics which affect decisions concerning reproduction).

Who are we ?

Dr John Anderson

MB BS (SYD) FRANCOG FRANZCOG DDU COGU

"Jock" Anderson founded SUFW 24 years ago and is author of the textbook "Gynaecologic Imaging". He is a specialist obstetrician/gynaecologist who has a diploma in diagnostic ultrasound and is a subspecialist in ultrasound imaging. He has performed amniocenteses and chorionic villus samplings since their introduction in this country.

Dr Tom Boogert

MB MS (Syd) FRANZCOG DDU COGU

Along with Jock Anderson, Tom Boogert established the Fetal Medicine Unit at King George V Hospital. He is a specialist obstetrician/gynaecologist who has

a diploma in diagnostic ultrasound and is a subspecialist in ultrasound imaging. He introduced sonohysterography into the practice, including Hy-Co-Sy for tubal patency.

Dr Greg Kesby

BSc(Hons) UNSW MB BS (Hons) UNSW

PhD(Camb) DDU MHKCOG FRANZCOG CMFM

Greg Kesby is a specialist obstetrician/gynaecologist who also holds a PhD from the University of Cambridge. He holds the Diploma in Diagnostic Ultrasound and has a subspecialist qualification in Maternal-Fetal Medicine (high risk obstetrics).

Dr Andrew McLennan

BSc MB BS(Hons)UNSW FRANZCOG MRCOG COGU

Andrew McLennan introduced the Nuchal Translucency Screening program into Australia, having completed the training in London. He is a specialist obstetrician/gynaecologist who holds a subspecialist qualification in ultrasound imaging.

Dr Rob Robertson

MB BS(Syd) FRCOG FRANZCOG DDU COGU,

Clinical Geneticist (HGSA)

Rob Robertson is a specialist obstetrician/gynaecologist and a Clinical Geneticist. The latter qualification brings an expertise to the practice in reproductive inherited conditions. Rob also has a Diploma in Diagnostic Ultrasound and is a subspecialist in ultrasound imaging.

Dr Fergus Scott

MB BS(Mon)FRANZCOG CMFM DDU COGU

Fergus Scott is a specialist obstetrician/gynaecologist and is the only person in Australia at present to have two subspecialist qualifications (Maternal-Fetal Medicine and ultrasound imaging). He also holds a Diploma in Diagnostic Ultrasound.

In addition...

In addition to its doctors, SUFW has a staff of experienced and comprehensively trained sonographers at each of its locations, as well as administrative personnel including a practice administrator.

What do we do ?

We provide an ultrasound imaging, counselling and prenatal diagnosis service. This involves the use of ultrasound, which is a safe, non-invasive investigation. At SUFW we encourage involvement of your partner or support people who you may wish to be present at the ultrasound.

All women will require an ultrasound at some stage in their lives, whether it is for diagnosing menstrual problems, during pregnancy or for reasons associated with menopause. Some women require ultrasound monitoring whilst undergoing infertility treatment.

We are happy to videotape all obstetric examinations, and can provide a VHS tape for which we charge \$11, the proceeds going to charity.

1 Ultrasound in Pregnancy

Ultrasound is an effective diagnostic tool at various stages of pregnancy. **Dating ultrasounds** are helpful to the obstetrician when the time of conception is unknown, perhaps due to irregular periods. This is an accurate method of predicting the expected date of delivery.

Nuchal Translucency screening is usually performed between 11 and 13 weeks. The nuchal fold at the back of the baby's neck is carefully examined and measured. Excess fluid in this area at this gestation can suggest a chromosome abnormality. Nuchal Translucency is usually done with a transabdominal scan but some women will require transvaginal ultrasound to obtain the clearest image. When the Nuchal Translucency scan is performed in conjunction with a blood test (Papp-A and F β HCG), a more accurate result is obtained.

The **Morphology** scan at 18-20 weeks is of great benefit to assess fetal physical development. As the fetus is well formed by this time, many obvious fetal abnormalities can be detected and managed. At this stage we can also see where the placenta is growing and whether there is sufficient fluid surrounding the baby. The baby's sex can often be identified at 18 weeks.

**Fetal profile revealed by
18-20 week Morphology scan >**



The **Third Trimester** scan is a good gauge to ensure that the baby is growing properly and developing as expected. It can also identify whether the placenta is clear of the cervix (birth canal). A CTG (cardiotocography) can be performed at this time to monitor the baby's heart rate pattern and well-being.

2 Tests Available During Pregnancy

The trend for many women these days is to have their families later than in their mothers' day. Procedures are available for women of advanced maternal age (generally 35 years and more) to test for chromosome abnormalities.

Chorionic Villus Sampling (CVS) is usually performed between 11 and 13 weeks of pregnancy under ultrasound guidance. A fine needle is passed through the abdominal wall, or a fine tube through the cervix, taking a small sample of the chorionic villi (placenta or afterbirth). As the baby and the placenta come from the same embryonic cells, they have the same chromosomes. The cells are grown in a laboratory to analyse the chromosome number and structure. The CVS results are usually available within 10 to 14 days. A fast result can be obtained within 24 hours using a new technique called 'FISH' (Fluorescent in situ hybridisation).

Amniocentesis is usually performed at around 15 weeks of pregnancy under ultrasound guidance. A fine needle is passed through the abdominal wall into the uterus. A small amount of the fluid that surrounds the baby is removed. There is little discomfort. The amniotic fluid contains cells from the baby's skin, which are grown in culture to analyse the chromosome number and structure. The results are usually available within 10 to 14 days. As with CVS, a quick result can be obtained with the 'FISH' technique.

Other pregnancy-related tests performed by our doctors include:

- Fetal cyst drainage
- Amnio-reduction (amniotic fluid drainage)
- Fetal blood sampling
- Intrauterine fetal blood transfusion

3 Gynaecologic Ultrasound

There are many uses for ultrasound in gynaecology. Transvaginal ultrasound is often used in gynaecological assessment as it provides the clearest possible images of the uterus and ovaries.

Menstrual problems and pelvic pain

Many women suffer irregular or painful periods and may have heavy bleeding. Bleeding and pelvic pain can be due to disorders affecting the uterus and ovaries. These organs can be clearly seen using ultrasound.

Peri or post-menopausal bleeding

It is not uncommon for irregular bleeding to occur around the time of menopause. The cause may be readily identified by a trans-vaginal ultrasound.

A further ultrasound investigation performed by SUFW is the *sonohysterogram*. This technique involves sterile saline solution being infused into the uterus through the cervix via a soft plastic catheter. The uterine cavity fills with the saline giving a clear view of the inside of the uterus, showing any abnormalities. The sonohysterogram will give a clearer assessment of the lining of the uterus. This often negates the need for an operative procedure.



Endometrial polyp clearly revealed by sonohysterography >

Infertility

The investigation of infertility will include a test to assess Fallopian tube patency. This can be done using a procedure called *Hy-Co-Sy*, where a special fluid is instilled into the uterus. This fluid then spills out into the Fallopian tubes and will show if they are patent.

Tracking of ovarian follicles is performed for women having assisted reproduction treatment. The size and number of follicles can be assessed and the timing of ovulation determined.

Screening for ovarian cancer

Ultrasound in combination with a blood test (CA125) should be considered for any women with a family history of ovarian or breast cancer, or all those over 50 years of age.

4 Other Services

Genetic counselling

SUFW has two clinical geneticists and a full-time genetic counsellor to provide a comprehensive service.

IVF Consultations

SUFW works closely with Sydney IVF, and provides a consultative service for couples who may be having problems with fertility.

Paternity testing

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