



**The Portland Hospital**  
for Women and Children

# WOMEN'S HEALTHCARE



“As a woman I understand the importance of receiving the best in women’s healthcare: to be treated as an individual with respect and sensitivity and at a time that suits you.

Internationally renowned, The Portland Hospital is a hospital dedicated to the care of women. You can rest assured that you will receive the highest level of care from our experts in women’s health to ensure all your needs are met.”

Janene Madden, Chief Executive Officer



## DEDICATED CARE FOR WOMEN

The Portland Hospital is one of the UK’s leading private hospitals for the investigation and treatment of women’s health issues. There are over 80 consultants specialising in women’s health who work from the hospital, many of whom also hold senior positions at leading London teaching hospitals. Our team of specialist doctors – many of whom are world leaders in their field – offer comprehensive care in a wide range of medical specialties, from diagnosis through to treatment and aftercare. They are supported by a team of expert gynaecology nurses, physiotherapists, counsellors, theatre staff, ultrasonographers and radiologists to ensure all your needs are met.

Areas of expertise in gynaecology include Minimal Access Surgery (MAS), urogynaecology, early pregnancy, sexual health, breast care, with dedicated clinics in many of these areas. This means women treated at the hospital can be reassured they are receiving the best possible care.

At the Portland, we also understand the importance of privacy when seeking help for women’s health issues. Discretion, confidentiality and sensitivity are at the heart of our care and women attending the hospital are offered a convenient and compassionate service to make them feel at ease.

Our Women’s Health department offers both in-patient and out-patient care, and the 12 bed women’s ward has been recently renovated to ensure the utmost comfort during your stay. And our team of specialists have access to all the latest equipment and scanning techniques including X-ray, ultrasound, MRI, bone density, fluoroscopy, urodynamics and mammography. The hospital also has three state-of-the-art operating theatres with all the back-up facilities.

We place high importance on aftercare to help women get back to their normal lives. Our physiotherapy department helps women regain their normal function following surgery. Women who have not had their surgery at The Portland Hospital can also access all of our Women’s Health outpatient services. We offer a range of complementary therapies and yoga classes in order to provide a holistic approach to treatment.

Each woman’s care is tailored to her individual needs, to make sure her recovery is as successful and speedy as possible.

## FROM STATE-OF-THE-ART SCREENING...

Our team of specialists have access to the very latest technology to investigate, diagnose, assess and treat both minor and more complex women's health issues.

**Smear tests** are used to check the health of a woman's cervix – the lower, narrow end of the womb. A smear test is a simple diagnostic screening test which involves collecting a sample of cells from the surface of the cervix and checking for inflammation, infection or abnormalities that can develop into cancer.

**X-ray** uses the latest computer radiography to carry out investigations of many different areas of the body including the skull, spine, chest, abdomen and pelvis.

The Portland Hospital provides a premier **ultrasound** scanning service. Affiliations with major teaching hospitals in London ensure that our ultrasound scanning services provide patients with all the benefits of recent technological advances. All women's health ultrasound services are available and are performed by highly qualified consultants and/or sonographers. Breast imaging is performed by our specialist Consultant Breast Radiologist. Ultrasound of the pelvic organs is useful for finding cysts in the ovaries, examining the lining of the womb, investigating causes of infertility and looking for cancers or benign tumours in the pelvic region.

**Bone density** scans play an important role in assessing a woman's likelihood of developing the brittle bone disease osteoporosis. These measure bone mineral density and total body composition. They are also useful for patients who suffer from eating disorders. Our technology means that scans and results can be carried out in less than 15 minutes.

**Urodynamics** refers to the investigations carried out to assess the function of your bladder and the bladder outflow tract (urethra). During the tests, your bladder is filled and then emptied while pressure readings are taken from the bladder and the abdomen. The idea is to replicate your symptoms, then examine them and determine their cause. Urodynamics is used to diagnose: stress urinary incontinence, urge urinary incontinence and mixed incontinence (stress and urge urinary incontinence). In situations of particular complexity, flow-pressure studies are combined with the use of fluoroscopy in order to gain additional information about the anatomy of the bladder and urethra. The studies are carried out by our consultant or one of our highly trained clinicians using the very latest technology.

**Mammography** is an X-ray examination of the breasts and is the best method of detecting early breast cancer. All images are reviewed by one of our specialist breast consultants to determine whether further tests are necessary. If advised, additional procedures can be carried out immediately or scheduled for another day. However, it is important to remember that even if additional tests are recommended, this does not necessarily mean that there is an abnormality. The Portland Hospital works closely with the London Breast Institute at one of our sister facilities, The Princess Grace Hospital, to ensure that a comprehensive patient service is provided.



## ...AND TREATMENT, SHOULD THE NEED ARISE

**The Portland Hospital offers compassionate, convenient assessment and treatment of a range of women's health issues.**

**Common assessments and diagnosis include:**

**Fluoroscopy** uses X-rays and a contrast agent to allow doctors to carry out examinations of the internal structures of the body in real time. This means the consultant can watch the examination as they are performing it. It is often used to examine the bowel and urinary tract, administer medication or fluids, or treat fibroids. All our fluoroscopic examinations are undertaken by specialist consultants.

**Colposcopy** – which is often recommended if a cervical smear test result is found to be abnormal. This gives more information about abnormal cells. The procedure uses a special magnifying device called a colposcope to visually examine the vagina and cervix, and can be used to identify where a biopsy should be done or monitor the treatment of abnormalities.

**Cystitis** is an infection of the bladder which can cause pain and discomfort. The bladder is part of the urinary tract that collects urine from the kidneys. Normally there are no bacteria in this tract however, sometimes, bacteria or yeast from the lower gastrointestinal tract or rectal area enters the urinary tract. If this multiplies

and infects the urethra (the tube that carries urine out the body), the bacteria can travel up and infect the bladder.

**Endometriosis** is a chronic disease where the endometrial tissue – which is usually only found inside the womb – develops outside the womb, commonly on organs in the abdomen and pelvis. This tissue responds to hormones as it would in the womb, swelling, breaking down and bleeding, but is unable to pass from the body during menstruation. Instead the surrounding tissue becomes inflamed, often causing scarring.

Growths that form in the womb are called **fibroids**. These are benign growths – which means they are not cancerous – and are made up of muscle fibre. The size of fibroids can vary widely from small growths the size of a pea to those which grow as large as a melon. Fibroids are most common in women in their 30s and 40s and tend to shrink after the menopause.

Our **urogynaecology** services offer diagnosis and treatment for women who suffer from incontinence problems. Urinary incontinence is the loss of bladder control leading to the leakage of urine and it can be a temporary or chronic condition. Incontinence is a symptom not a condition in itself. In some cases, incontinence may have several different causes.





**Infections** can occur in any part of the urinary tract and female reproductive organs. Urinary Tract Infections (UTIs) are caused by bacteria that invade the urinary system, most commonly in the urethra (the tube that carries urine out of the body), and multiply. Pelvic Inflammatory Disease (PID) is a serious infection of the female reproductive organs including the womb, ovaries and fallopian tube. PID can cause scar tissue to form in the pelvis and fallopian tube which can result in infertility, an ectopic pregnancy or chronic pelvic pain.

**Menopause** is the time in a woman's life when menstruation ceases and the ovaries permanently stop releasing eggs. Menopause can occur anytime between the ages of 40 and 58 (the average age is 51) and is considered complete when a woman has been without a period for a full year. A natural menopause is a gradual process but can cause a range of symptoms including hot flushes, night sweats and irritability. It can be treated with medication such as Hormone Replacement Therapy (HRT).

The womb is normally held in place by various muscles, tissue and ligaments. **Prolapse** of the womb occurs when these supporting muscles become so weak that the womb slips down from its normal position.

**Miscarriage** refers to the premature end of a pregnancy. 15 to 20 per cent of pregnancies end this way. Miscarriage can occur during the first or second trimester of pregnancy (before 20 weeks). Most occur in the first 12 weeks of pregnancy and are unexpected and isolated events.

An **ectopic pregnancy** is a pregnancy that grows outside the womb. In most cases (95 per cent), an ectopic pregnancy occurs within a fallopian tube. Rare locations include on the cervix, in the abdomen or on an ovary. Most occur because the fallopian tube is not functioning normally. An ectopic pregnancy cannot survive because only the womb can support the growth of a foetus. If an ectopic pregnancy bursts a fallopian tube, it is a medical emergency that threatens the life of the woman.

Our team of **sexual health** consultants at the Portland offer services dedicated to helping women and their partners take care of their sexual health. Seeing a specialist assures expert treatment and confidential advice, and gives you the confidence to discuss even the most intimate concerns.

**Minimal Access Surgery (MAS) using the laparoscope** allows surgeons to look inside the body using a thin telescope. The laparoscope carries a light into the abdomen and magnifies the structures, allowing the surgeon to operate, without making a huge cut into the abdomen. The telescope is inserted through a small cut in the skin and can be used to find the cause of pelvic pain or look at endometriosis or ovarian cysts. MAS allows keyhole surgery to be performed for ectopic pregnancy, hysterectomy, endometriosis, or carry out sterilisations and biopsies. Most of these procedures are carried out under general anaesthetic, with a short stay in the hospital.

**Hysteroscopic resection** is a procedure for removing fibroids that grow on the inside of the womb. Also known as Transcervical Resection of Fibroids (TCRF), it uses an instrument known as a hysteroscope – a fine telescope which is passed through the vagina and cervix to look at the inside of the womb. A loop carried on the telescope shaves off the fibroid by passing an electrical current through it. This procedure can be done as a day case.

The Portland Hospital offers a range of **diagnostic infertility tests** to help couples who are having problems conceiving. Before any testing is carried out, it is important that a detailed medical history is taken by one of our specialists. Tests offered include sperm analysis, internal tests to check for blocked tubes, ovulation tests and ultrasound scans of the pelvis to check for any abnormalities.

We work closely with the Fertility Unit at our sister hospital, The Lister Hospital, to provide a seamless patient journey should the need for fertility treatment arise.

A large number of other surgical and non-surgical procedures are undertaken at The Portland Hospital, depending on your personal diagnosis.





“The caring nature of the team at the Portland ensured that I was treated as an individual with dignity and respect. Here the little things really do count. Having a nurse knock and wait at the door before entering, as well as having the time to talk to me about my worries in a sensitive and compassionate way. It really made a difference to my emotional wellbeing and recovery.”

Layla.



## ...AND COMPLEMENTARY SERVICES

**Physiotherapy** plays a very important part in the management and recovery of women's health conditions. Many gynaecological problems can be treated with physiotherapy by either complementing clinical treatments or as an independent therapy which can reduce the need for drugs or surgery.

The Portland Hospital's Physiotherapy Team tailors all care to the individual to create a holistic approach to treatment and improve the quality of a woman's life.

We accept referrals from healthcare professionals as well as self referrals.

Our team of specialist physiotherapists are available to treat all conditions relating to women's health.

### Services available include:

- Manual therapy to treat musculo-skeletal back and pelvic pain and dysfunction.
- Pelvic floor muscle assessment and re-education for continence problems, pelvic floor pain or sexual dysfunction.
- Pelvic floor muscle assessment and rehabilitation prior to surgery to enhance surgical outcomes.
- Treatment to support recovery post-hysterectomy and other gynaecological surgery.
- Therapy to ease symptoms associated with the menopause such as Bowen Therapy, acupuncture/dry needling, massage, reflexology and yoga.
- The women's health yoga classes also help with the ageing process by maintaining or increasing bone density, muscle strength and length, joint space, energy flow and hormonal balance.
- Manual Lymphatic Drainage (MLD) massage for lymphoedema following breast or other surgery which affects the lymph nodes and the flow of lymph fluid.

For further information please contact our dedicated physiotherapy team on **020 7390 6553**.



## LOCATED IN CENTRAL LONDON

The Portland Hospital lies at the heart of the private healthcare district in London – at the top of the famous Great Portland Street.



Our address is...

**The Portland Hospital for Women and Children**  
**205-209 Great Portland Street**  
**London W1W 5AH**

Also at...

**212 Great Portland Street**  
**London W1N 5HG**

Women's Health Enquiry Line:

**+44 (0) 20 7390 6200**

Hospital Switchboard: **+44 (0) 20 7580 4400**

Fax: **+44 (0) 20 7390 8012**

**www.theportlandhospital.com**

### Getting here by car

Visitors have the option of two car parks close by to the hospital:

- NCP in Carburton Street
- Union Car Parks in Devonshire Row Mews

There are also meter parking bays in the surrounding streets.

### Getting here by tube

- **Great Portland Street Station** (2 mins walk)  
Circle, Hammersmith & City and Metropolitan Lines
- **Regents Park Station** (5 mins walk)  
Bakerloo Line



“I was really impressed with the way all the surgical plans were put in place. It was wonderfully reassuring. Despite all the issues, it was a very calm and organised process and there was no panicking. That made me feel incredibly confident and I am sure enabled me to recover faster.”

Fiona.



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[www.theportlandhospital.com](http://www.theportlandhospital.com)