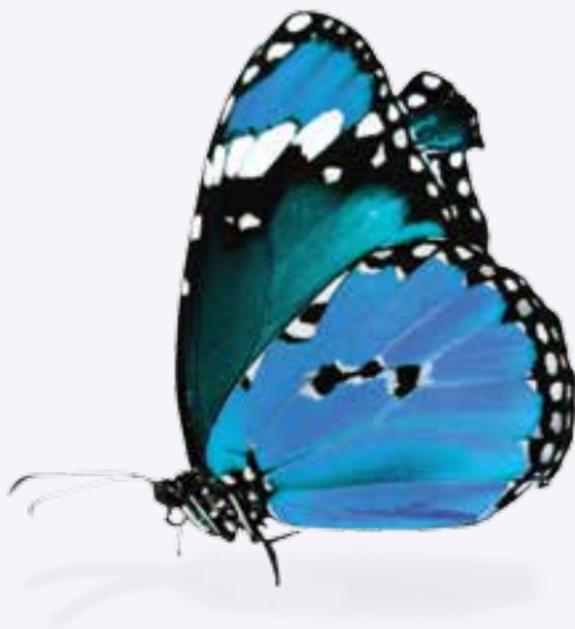


WOMEN'S HEALTH



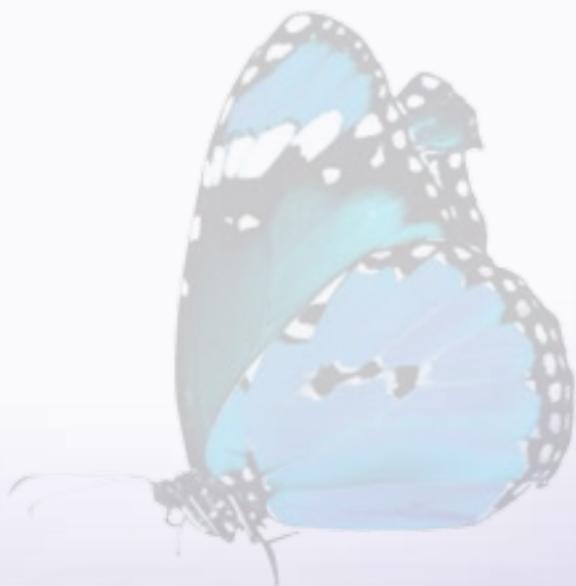
SUPPORT THROUGHOUT
LIFE'S JOURNEY

BMI Healthcare

Serious about health.
Passionate about care.

We're here to help you understand the different conditions that may affect you as you go through the different stages of life, and what can be done to treat them and keep you healthy. You can expect to be looked after by the same consultant, from diagnosis to treatment and even during your aftercare, ensuring that you receive all the benefits of personalised care. And to make you feel as comfortable as possible, we always have female chaperones available.

It's **the little things** that make the difference.



AT BMI HEALTHCARE, OUR WOMEN'S HEALTH SERVICE INCLUDES:

- Gynaecology
- Breast Health
- Fertility
- Menopause
- Pelvic Floor Treatment
- Diagnostic tests and investigations

GYNAECOLOGY

Nearly every woman will suffer from a gynaecological problem at some time in her life. It may only affect her at certain times of the month, but it can still have an impact on quality of life and ability to do everyday things.

BMI Healthcare offers treatment for a wide range of conditions including:

- Gynaecological infections
- Fibroids
- Endometriosis
- Heavy periods (menorrhagia)
- Polycystic Ovary Syndrome (PCOS)
- Vaginal and uterine prolapse
- Screening and treatment for cervical, ovarian, uterine and endometrial cancers

Most gynaecological problems can be corrected or treated. Your consultant gynaecologist will assess your condition and give you an expert opinion. If further tests or investigations are required, these will be explained fully in your consultation.

BREAST HEALTH

Changes in the breast are absolutely normal and are often associated with either development or ageing. However, if you are worried about any changes that you don't consider normal, you should discuss them with a healthcare professional.

Keeping check of your breasts

We recommend that you check your breasts a few days after your period – as lumps can occur in your breasts during your monthly cycle and this is usually completely normal. Essentially what you're looking for are any lumps or swellings, particularly if one breast feels different to the other. Remember, it's always important to speak to your GP if you notice a change.¹

How we can help

Many of our hospitals have a dedicated Breast Clinic led by consultant breast surgeons and breast nurse specialists. Our helpline advisors are able to make an appointment usually within 48 hours to give you peace of mind and reassurance.²

FERTILITY

Being able to conceive is generally taken for granted, but estimates suggest that as many as one in seven couples experience difficulty or delay in conceiving.³

What to do if you think you have fertility issues

Infertility cannot be officially confirmed until you have been trying to conceive through unprotected sex for at least a year, at which point you can see a GP who may refer you to a fertility specialist. BMI Healthcare has five assisted conception units across the UK where our team of specialists are on hand to offer fertility tests for you and your partner. These will help to pinpoint the reason why you're finding it difficult to conceive – and, where possible, identify an appropriate treatment programme that is tailor-made to give you the best chance of success.

From diagnosis to treatment we aim to provide the very best individual care possible. For further information on the full range of treatments and clinic success rates visit our website at www.bmihealthcare.co.uk/fertility

MENOPAUSE

For many women the menopause can be a difficult time. At BMI Healthcare, we have the expertise and experience to help you through.

Common symptoms of the menopause include:

- Hot flushes and night sweats
- Sleep disturbance
- Vaginal dryness, itching and discomfort
- Urinary tract infections, such as cystitis

How BMI Healthcare can help

If you're experiencing menopausal symptoms and finding them difficult to manage, you can choose to see a BMI Healthcare consultant gynaecologist by contacting our helpline advisors.

PELVIC FLOOR TREATMENT

Urinary incontinence is often caused by weak muscles in the pelvic floor which can cause bladder leakage during everyday activities.

How we can help

BMI Healthcare pelvic floor treatment can help you strengthen your pelvic floor muscles through physiotherapy and a personal supervised exercise programme.

You can make an appointment directly with a women's health physiotherapist or ask your GP to refer you.

References:

1. Cancer Research UK www.cancerresearchuk.org
2. Not all BMI Healthcare hospitals offer a dedicated Breast Clinic
3. Human Fertilisation & Embryology Authority www.hfea.gov.uk

For more information

Contact Women's Health Medical Team

Call 0808 101 0341

Email info@bmihealthcare.co.uk

YOUR LOCAL BMI HEALTHCARE HOSPITAL

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Choose a credit limit that suits your circumstances up to £20,000 (subject to status) and use as often as you need to. Safe in the knowledge you'll enjoy 12 months' interest free credit every time you make a purchase.

For more information, full terms and conditions or to apply, you can call us on **0161 216 2500** (select option 1 and then option 2), visit us at www.bmihealthcare.co.uk/bmicard or speak to us at your local BMI Healthcare hospital.

[†]BMI Card is a credit facility offered by BMI Healthcare Limited, BMI Healthcare House, 3 Paris Garden, London, SE1 8ND. 0% interest for 12 months then 0.79% per month, representative 9.9% APR variable. Up to £20,000 available (subject to status). Monthly repayment 5% of balance or £25 whichever is greater or balance if lower than £25.